PM REJECTS PRISONER SWAP CLAIMS, PG 5

Friday's Jackpot!
LOTTO SUPER 7
$12,000,000

The world's largest global newspaper
metro
TORONTO • TUESDAY NOVEMBER 11 2008 metronews.ca

Fort Myers
$164* from
westjet.com
WESTJET
*Some restrictions apply. Taxes not included. See westjet.com for details.

Nortel hits new low, cuts jobs

BUSINESS Analysts are calling the future of Nortel Networks Corp. into doubt after the telecom equipment maker announced another round of cost cutting, the second time in less than two months the company revealed new restructuring plans. Toronto-based Nortel said yesterday it would shed another 1,300 workers, put a freeze on salaries, "consolidate" management positions and suspend dividends on two classes of preferred shares. The moves were accompanied by further cuts to Nortel's full-year outlook and a third-quarter loss of $3.41 billion US, Nortel's largest loss since 2001.

TORSTAR NEWS SERVICE

Local pg 3

Slain realtor's selfless work remembered

Learning Curve pg 17

Renaissance revealed

Health pg 31

Therapy for war trauma

ShareYourViews
torontoletters@metronews.ca

THE WHITE HOUSE/THE ASSOCIATED PRESS

In this photo released by the White House, U.S. President George W. Bush and president-elect Barack Obama meet in the Oval Office of the White House yesterday in Washington.

Hope floats for cities, auto sector

Faced with a darkening economic outlook, Prime Minister Stephen Harper and the premiers are pledging to speed up infrastructure spending, look at easing rules for retirement savings and consider ways to boost Ontario's hard-hit automotive sector.

With an eye on the massive rescue package offered by Washington for General Motors, Ford and Chrysler, Harper yesterday dangled the possibility of a government bailout package to help the auto industry, but fell short of promising concrete action.

And in a major development for Toronto and other urban centres, Harper and the premiers emerged from a meeting about the economy agreeing to speed up billions of dollars in investments in infrastructure such as roads, bridges, transit and other projects.

Harper also sounded open to changes to ease the impact of sagging stock markets on seniors' retirement savings and corporate pension funds.

The premiers and Harper are planning another meeting about the economy in January.

"There was a lot of goodwill around the table. The prime minister was in a genuine listening mode. There was a full, frank, and calm exchange," said Ontario Premier Dalton McGuinty.

"I think we all agree we want to see a strong auto sector in this country going forward ... We're prepared to look at options to achieve that."
Stephen Harper

"The premiers came with many ideas, strong ideas and opinions of their own. We did not agree on everything but there were many common themes," Harper said.

The politicians left no doubt the economic downturn is expected to get worse.

Harper's comments marked the first time his government, which has been generally cool to bailing out the Big Three Canadian automakers, has opened the door to the possibility of a major financial transfusion for the hard-hit automotive sector.

"I think we all agree we want to see a strong auto sector in this country going forward that's part of a North American industry. And we're prepared to look at options to achieve that," he said.

McGuinty, noting "the urgency of the circumstances before us," expressed confidence that help is on the way for the auto sector.

TORSTAR NEWS SERVICE

Obama in Oval Office — the trailer

Barack Obama and U.S. President George W. Bush sat down together yesterday at the White House as crowds lined the streets of downtown Washington, cheering the president-elect as his motorcade made its way to and from 1600 Pennsylvania Avenue.

The two men and their wives greeted one another on a brilliantly sunny day at the South Portico of the White House, the majestic mansion built by slaves in the late 1700s.

While Obama has been to the White House a half-dozen times since he won a Senate seat four years ago, it was his first time inside the Oval Office.

Bush and Obama spent almost two hours together, presumably in a substantive discussion not only about the transition of power, but also the critical issues facing the U.S., especially the economy and a proposed stimulus package aimed at easing the country's financial woes.

THE ASSOCIATED PRESS

School search

- The Obama girls weren't at the White House with their parents yesterday. They were in school in Chicago, and Michelle Obama is looking at various schools in Washington, D.C., for her girls.

WILLIAM ASHLEY ANNUAL
Warehouse SALE
SAVE UP TO 90%
China • Crystal • Silver • Gifts
NOW HAPPENING
ASHLEY 62 RAILSIDE ROAD
THE BIGGEST. THE BEST. THE ORIGINAL.
Royal Doulton • Wedgwood • Spode • Waterford • Portmeirion
Noritake • Villeroy & Boch • Denby • Mikasa • Lenox • Stuart
Wallace • Atlantis • Dansk • Orrefors • Worcester • Kosta Boda
SALE HOURS:
Wed – Fri 9 am – 9 pm
Closed Monday & Tuesdays
Sat & Sun 10 am – 6 pm
RESTOCKED DAILY
SAVE up to 90%* China, Crystal Silver and Gifts
Dinnerware Sets • Crystal Stemware & Gifts
Children's Gifts • Holiday Giftware & Decorations
Home & Bath Décor • Executive Gifts • Garden Décor
Stainless & Silver Flatware • Kitchen Gadgets
Discontinued/Clearance China & Crystal
62 Railside Road, Toronto
HWY. 401
LAWRENCE AVE. EAST
DON MILLS RD. DON VALLEY PKWY RAILSIDE RD. #62 RAILSIDE RD. VICTORIA PARK
EGLINTON AVE. EAST
2 Blocks East of the Don Valley Pkwy. South off Lawrence Avenue East
WILLIAM ASHLEY
62 Railside Road • 416-515-7253
*Save up to 90% off Mfr. Sugg. Reg. Price or Comparable Value. Please Note: Pre-sale discounts, strollers and car seats cannot be combined with other offers. Layaway available. Cash, Debit, Visa, Mastercard and Amex accepted. Personal shopping only. No cheques or credit notes accepted. Not all items illustrated are available. All sales are final. Though we strive for accuracy, in the event of printing errors, items will be sold at the correct price. E. & O.E.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

DECEMBUARY

INTRODUCING ROLLOVER MINUTES, ONLY FROM BELL

Now you can roll this month's unused minutes into the next. Get plans starting at only $30 per month and enjoy:

- 300 local anytime minutes, which can be rolled over for one month[1]
- Unlimited night and weekend local minutes
- Call Waiting and Conference Calling[2]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

BlackBerry

Bell every minute just got better

Also available at these participating retailers: COSTCO WHOLESALE, hmv, booth the telephone booth, WIRELESS etc..., WIRELESSWAVE

Offer ends December 31, 2008. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Weeknights Mon-Thur, 9pm-7am; Weekends Fri 9pm-Mon 7am.Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee) ($8.95), and one-time device activation ($35) apply. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a 3-yr contract on a Rollover plan. Rollover minutes from previous month are used when minutes included in monthly rate plan are exceeded, expire 30 days after the end of 1st billing period in which minutes have been accumulated and apply to anytime local minutes included in your plan. Additional purchased, bonus, long distance and unlimited calling minutes excluded. Rollover minute plans begin after bonus air time promotions expire. Other conditions apply. (2) Simultaneous use of airtime. Research In Motion, the RIM logo, BlackBerry, the BlackBerry logo and SureType are registered with the U.S. Patent and Trademark Office and may be pending or registered in other countries - these and other marks of Research In Motion Limited are used under license.

Available at the following Bell stores:

AJAX
- Durham Centre

ALLISTON
- 36 Young St.

AURORA
- 14751 Yonge St.
- SmartCenters Aurora

BARRIE
- 44 Cedar Point Dr.
- 632 Yonge St.
- Barrie Power Centre
- Georgian Mall

BOLTON
- SmartCentres Bolton

BOWMANVILLE
- Clarington Place

BRAMPTON
- 59 First Gulf Blvd.
- 100 Great Lakes Dr.
- 10086 Hurontario St.
- Airport & Hwy 7
- Bramalea City Centre
- Shopper's World

BURLINGTON
- 1100 Walker's Line
- Appleby Crossing
- Burlington Mall
- Mapleview Mall

CAMBRIDGE
- 499 Hespeler Rd.
- Cambridge Centre

COBOURG
- Northumberland Mall

COOKSTOWN
- Cookstown Outlet Mall - kiosk

DON MILLS
- Two Park Centre

ETOBICOKE
- Cloverdale Mall
- Sherway Gardens
- Woodbine Centre

GEORGETOWN
- 330 Guelph St.

LINDSAY
- 229 Kent St.
- Whitney Town Centre

MAPLE
- 2810 Major Mackenzie Dr.

MARKHAM
- 7357 Woodbine Ave.
- 8392 Kennedy Rd.
- Cachet Village
- Market Village
- Markville Shopping Centre
- Pacific Mall

MILTON
- 377 Main St. E.

MISSISSAUGA
- 980 Eglinton Ave. E.
- 2800 Skymark Ave.
- 6965 Davand Dr.
- Central Parkway Mall
- Dixie Value Mall
- Erin Mills Town Centre
- Sheridan Centre
- Heartland Power Centre
- Mississauga Chinese Centre
- Sheridan Centre
- Square One Shopping Centre
- Westgate SmartCentres
- Westwood Mall

NEWMARKET
- Upper Canada Mall

NORTH YORK
- 170 Rimrock Rd.
- 1635 Lawrence Ave.W.
- 2081 Steeles Ave. W.
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
- Hopedale Mall - kiosk
- Oakville Place
- Winston Power Centre

ORANGEVILLE
- 114 Broadway Ave.

OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- 570 Kingston Rd
- Pickering Town Centre

RICHMOND HILL
- Elgin Mills Crossing
- Hillcrest Mall
- Richmond Heights Plaza
- Time Square Shopping Centre

SCARBOROUGH
- 259 Morningside Ave.
- Bridlewood Mall - kiosk
- Cedarbrae Mall - kiosk
- Chartwell Shopping Center
- Eglinton Square
- Kennedy Commons
- Malvern Town Centre
- Parkway Mall
- Scarborough Town Centre

SUDBURY
- Brady Square
- New Sudbury Centre
- Southridge Mall

THORNHILL
- 2900 Steeles Ave
- Promenade Mall

TORONTO
- 85 Hanna Ave.
- 320 Queen St. W.
- 209 Danforth Ave.
- 2171 Queen St. E.
- 2256 Bloor St. W.
- 2323 Yonge St.
- Brookfield Place
- Chinatown Centre
- College Park
- Commerce Court
- Cumberland Terrace
- Dufferin Mall
- East York Town Centre
- Eaton Centre
- Eaton Centre II
- Exchange Tower
- Gerrard Square
- Scotia Plaza
- Toronto Life Square
- Yorkdale - kiosk

UXBRIDGE
- 307 Toronto St. S.

VAUGHAN
- Vaughan Mills

WHITBY
- Whitby Mall
- Whitby Smart Centres

WILLOWDALE
- Fairview Mall

WOODBRIDGE
- 4080 Highway 7

Paper bag reading 'I am a bomb' left on TTC bus
Three people are facing a total of nine charges after allegedly leaving a paper bag that read, "I am a bomb," on the floor of a TTC bus en route to York University on Saturday. The suspects have each been charged with causing a common nuisance, mischief interfering with property and disseminating a false message. TORSTAR NEWS SERVICE

Local

Street-food pilots get nod

Toronto's executive committee has endorsed plans for two pilot projects that would see street vendors selling ethnically diverse foods as well as healthier foods such as whole fruits and bagels. An earlier plan was axed because it had a $700,000 price tag, but yesterday's meeting of the executive approved two pilots that would roll out this spring if approved at the next council meeting. TORSTAR NEWS SERVICE

INDEX

Canada Pg 5
World Pg 8
Comment Pg 10
Business Pg 11
Your Money Pg 12
Sports Pg 14
Learning Curve Pg 17
Workology Pg 29
Health Pg 31
Josey Vogels Pg 33
Entertainment Pg 34
TV Listings Pg 39
Rick McGinnis Pg 39
Celebrity Buzz Pg 40
Take Five Pg 42

Tomorrow's Metro

Automotive

Metro's Global Motoring Editor Emma Forrest takes 007's latest ride out for a spin.

metronews.ca

WHAT'S ONLINE TODAY

Commentary: Allan Small imparts the lessons he's learned from this financial crisis at metronews.ca/investing

Read 5 new things from Kenya Hunt, including the value of "sticking with the brand," at metronews.ca/globalstyle

Lotteries

Ontario Pick 3 9 8 2 Ontario Pick 4 5 3 8 4
Encore 7235437 Daily Keno 1, 4, 6, 7, 9, 11, 12, 20, 21, 26, 36, 37, 40, 41, 42, 52, 53, 59, 68 and 70. These results are not official.

Slain realtor an 'amazing lady'

The slaying death of realtor Susan Ryan will leave a gaping hole in the community, says the president of Mississauga's real estate board.

Ryan, 57, who was president of the board in 2006, was shot dead Sunday in her Carigar Court home.

Her husband, Lawrence Kenneth Ryan, known as Larry, 58, who recently retired after three decades as a Toronto police officer, is charged with second-degree murder.

"She was an amazing lady who did so much for this city," said Lynne Kent, current board president. "Sue always gave 100 per cent of herself to our community. She had a different level of understanding of people in her community and what she felt was important ... Every single second of her life was spent taking care of other people. That's a rare breed."

Larry Ryan made two brief appearances in Brampton court yesterday. In an early morning hearing before a justice of the peace, he was formally charged. Later, he was remanded in custody until a hearing Monday. A justice of the peace imposed a publication ban on details of the case. An autopsy is planned today.

> **"Sue always gave 100 per cent of herself to our community."**
> Lynne Kent, colleague

Larry had an unremarkable career, sources said, with his last post at the 22 Division front desk. Colleagues there were at a loss to describe their feelings.

"It's shocking," one said, declining to give his name. "It's a tragic set of circumstances to happen to anyone, let alone someone we know." TORSTAR NEWS SERVICE

Officers who beat prisoner get jail time

APPEAL Four Toronto police court officers convicted of viciously beating a prisoner and using him as a human mop have been handed harsher sentences.

They were originally given conditional sentences, but the Ontario Court of Appeal found the sentences didn't fit the crime and ordered jail time.

John Feeney, Thomas Findlay, Kamaljeet Kang and Jeffrey Martin must serve 30 to 60 days in jail for the 2004 crime, in which a prisoner in a holding cell at a Toronto court was brutally beaten after spilling juice on an officer. THE CANADIAN PRESS

Remembrance Day **History on display**

SAUL PORTO/TOP NEWS

Thiago Caires looks at a window display at Wheels & Wings Hobbies at 1880 Danforth Ave., which showcases the original flag from HMC Antigonish, owned by Charles Harding, a gunner's mate.

Cop pleads not guilty to drug charges

STING A veteran Peel police officer pleaded not guilty yesterday to criminal charges in connection with the alleged removal of a white powder substance from a controlled drug investigation.

Const. Sheldon Cook, 40, is facing seven charges, stemming from an RCMP drug investigation, which include an attempt to possess a controlled substance for the purpose of trafffficking, possession of stolen property from a police investigation and breach of trust as a police officer in connection with the other offences. The offences were alleged to have been committed in 2005. When arrested in November 2005, he was accused of removing 15 kilograms of cocaine from a truck being used in an RCMP sting. TORSTAR NEWS SERVICE

News in brief

SUNRISE The brother of an Indian immigrant killed in this summer's Sunrise Propane explosion has been given a reprieve to stay in Canada to tie up the loose ends. Vikramjit Singh Saini, 33, had a two-month, single-entry visitor's visa to attend his brother Parminder's funeral.

BILLBOARD The Ontario Court of Appeal has found much of the Town of Oakville's controversial anti-billboard bylaw, passed by the town council in 2005 to preserve the community's "character," was an unreasonable "intrusion" on the right to freedom of expression. TORSTAR NEWS SERVICE

Airfares

ORLANDO $6
Travel Nov 14 - Nov 21/ts + taxes & fees $224

New York City $138
Travel Nov 19 - Nov 26/pd + taxes & fees $116

London $149
Travel Nov 26 - Dec 4/ts + taxes & fees $448

Las Vegas $199
Travel Jan 18 - Jan 22/wg + taxes & fees $212

Los Cabos $235
Travel Dec 13 - Dec 20/wg + taxes & fees $277

Dubai $769
Travel Nov 18 - Dec 4/af + taxes & fees $390

All-inclusive Holidays

Punta Cana 4-Star $377
VIK Hotel Arena Blanca + taxes & fees $308
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Dec 4/nol/5g.
ADD monster truck safari from $110.

Varadero 4-Star $435
Mercure Playa de Oro + taxes & fees $210
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Nov 30/swg/wg.
UPGRADE to 4.5-star from $9 per night.

Jamaica 4-Star $497
Holiday Inn Sunspree + taxes & fees $256
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Nov 22/nol/5g. **UPGRADE** to 5-star Bahia Principe from $29 per night.
ADD Bob Marley Reggae tour from $73.

Holidays

Las Vegas 4 Nights $269
Circus Circus Hotel & Casino + taxes & fees $212
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Dec 7/inf/wg.

New Orleans 4 Nights $599
Renaissance Pere Marquette + taxes & fees $254
INCLUDES roundtrip airfare and 4 nights 4-star accom only 1 block from the French Quarter. Departs Nov 24/inf/ac
ADD Mississippi River paddle wheeler jazz cruise with dinner from $77.

Paris Getaway $749
Hotel Murat + taxes & fees $395
INCLUDES roundtrip airfare, 5 nights 3-star accom and daily breakfast. Departs May 12-18/inf/ts. **ADD** afternoon bike tour from $43. **ADD** Eiffel Tower dinner and Seine river cruise from $197.

Cruise Holidays

Western Caribbean Cruise & Stay $399
Navigator Of The Seas + taxes & fees $371
INCLUDES roundtrip airfare to Fort Lauderdale, 2 nights 3-star accom at Lauderdale Beachside Hotel in Fort Lauderdale and a 5-night Western Caribbean cruise sailing with Royal Caribbean visiting George Town, Grand Cayman and Ocho Rios, Jamaica. Departs Dec 4/inf/ts.

Thailand 9 Days $442
Thailand Island Hopping + local payment USD150
INCLUDES all accom, transportation and guide on this 9-day small group tour of southern Thailand. Visit some of Thailand's best sites including Bangkok, Koh Samui, Koh Pha Ngan, Koh Muk, Koh Tao and Krabi. Departs Feb 19/gap.

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!†

FLIGHT CENTRE Unbeatable 1 866 485 7092 | flightcentre.ca

Conditions apply. Ex:Toronto. Air only prices are per person for return travel unless otherwise stated. Package, cruise, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=sunwing, vat/ts=transat, pd=porter, uaqr=united/qatar, af=air france, inf=infinity, sgn=signature, 5g=skyservice, aa=american, nol=nolitours, gap=gap adventures, ac=air canada. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

EARLY BONUS CAR PRIZE

WIN THE 2009 VW RABBIT OR TAKE THE CASH* – DEADLINE NOV. 14th

HEART & STROKE LOTTERY

BEST ODDS EVER 1 IN 3*

WIN 3 GRAND PRIZES OF $1 MILLION

MILLIONS MORE IN VEHICLES, CASH FOR TRIPS, ELECTRONICS & MORE

3 TICKETS FOR $250 OR $100 EACH

416-661-1511 Ext. 700

HEART & STROKE FOUNDATION OF ONTARIO Finding answers. For life.

www.heartandstroke.ca/lottery

Please help support life-saving Heart and Stroke Foundation research.

PICK UP YOUR BROCHURES AT: LAG Scotiabank

*Please refer to full brochure for cash outs, prize details, ticket issuing and draw information. Odds of winning are approx. 1 in 3. All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. Only 260,000 tickets are available. Tickets are not tax deductible and must be purchased within the province of Ontario. Purchasers must be at least 18 years of age. 74,504 prizes at a value of $12,134,079 (including taxes and freight), will be awarded. Early Bird sales deadline is February 5, 2009. Final sales deadline is February 10, 2009. On March 17, 2009 an advertisement will be placed in the Toronto Star announcing all major winners. A complete list of winners will also be available at www.heartandstroke.ca/lottery and a printed list will be accessible at local Heart and Stroke Foundation offices across Ontario. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 984.

Girl falls through glass table
A five-year-old girl was fighting for her life in hospital yesterday after falling through a glass table at a home on Glamorgan Avenue. TORSTAR NEWS SERVICE

Presto, it's coming

InTransit

Ed Drass
transit@eddrass.com

Anyone travelling on transit between the 905 and 416 area codes can appreciate the convenience of a single payment method. Alas, many people may be unrealistically hoping for a "smart" fare card that will allow them to pay only one fare instead of two.

Transit systems throughout 905 already allow riders to transfer free, or at a discount, but there are no talks to integrate the TTC into this scheme. The existing GTA pass ($47 a week) is for use on TTC and adjoining local transit agencies.

The provincially-run Presto fare card is coming, gradually, but so far it is about simplifying payment — not saving you lots of cash.

A year-long pilot project ended recently and Presto cards should re-appear in specific corridors in fall 2009. The big question mark — or rather, dollar sign — is the TTC.

Toronto's current system of passes, tokens and paper transfers is old-fashioned but serves riders adequately. It could cost more than $200 million to allow fare cards on every part of the TTC — not including the elimination of double-fares for crossing the city border.

The province and TTC have yet to decide who will finance smart cards in 416. If they were to agree by the end of this year, commission chair Adam Giambrone says the full system could be in place by 2014 or 2015.

The time period and cost seem a bit exaggerated to me, but I suppose the province is free to compare its own estimates with the TTC's.

The bigger question is: What is the best way to charge transit fares in the GTA? The answer could have a huge impact on the region-wide transportation plan being promoted by Metrolinx. Public comments on the plan end this week (see metrolinx.com) and to learn about my own meetings on fares and other issues, see eddrass.com.

Comment at metronews.ca/intransit about which is more important: Smart cards or better transit service.

Can we afford both?

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

Quick Tip

Q: When is the province's Presto fare card coming?

Tip: The initial stages include GO Transit's Lakeshore West line plus Oakville Transit, and only TTC Union subway station by "fall 2009," according to the Presto website. Burlington Transit joins in "winter 2010." See prestocard.ca for future phases — such as GO buses, more GO trains and transit in Mississauga, Brampton and two subway stations in 2010.

THE FATE OF 100 PHOTOGRAPHERS IS IN YOUR HANDS.

Vote for the Canadian winners of The Metro Global Photo Challenge and you could **WIN** 1 of 3 Sony Cybershot DSCW-80 Cameras!

People from 4 continents submitted over 50,000 photos in the **Metro GlobalPhoto Challenge.** A Canadian jury has selected the best 100 photos from all of the Canadian entries. Now it's your turn to vote for the winners!

The Canadian photographers are competing for a ***Nikon D700 DSLR and Nikon 24-70mm F2.8 Zoom Lens (Valued at $4,988)*** the winner will then go on to compete on the international level for a **5 day trip for two to Paris, a cashprize of $2,000 CDN** and an option to have their photos seen by 23.1million Metro readers in over 100 metropolitan cities on 4 continents.

Vote on **www.metronews.ca/photochallenge**

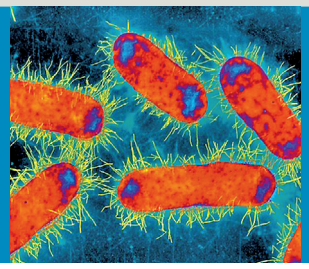
This year's Metro Global Photo challenge is proudly sponsored by **Downtown Camera** – a full service photography store located in the heart of Toronto. With the on-site photo lab providing a variety of services, the sales floor stocking the latest gears from the photographic world and staffed by some of the most knowledgeable and experienced in the photo industry, **Downtown Camera** is truly where photography lives.
Downtown Camera Ltd. | 55 Queen Street East Toronto, ON. | www.downtowncamera.com

*Interview with the winner and publication of the winner's photographs is optional. Terms and conditions available online. Metro Global Photo Challenge received 30,868 entries last year, making it one of the largest competitions in digital photography in the World. Open to non-professionals and professionals.

DOWNTOWN CAMERA metronews.ca metro Do it daily.

Accused murderer allegedly apologizes on videotape
A woman accused of brutally murdering her five-year-old daughter apologized to the young victim in a police interview played for a Manitoba court yesterday. "I'm so sorry, Phoenix. I didn't mean to," Samantha Kematch says to herself on the video as she walks around an empty police interview room during a break in questioning. THE CANADIAN PRESS

Canada



Hospital infections on the rise

Toronto's SARS crisis and Quebec's C. difficile nightmare drew political attention — and additional funding — to the problem of hospital-acquired infections. But despite that, rates of these infections continued to rise in the years immediately following the outbreaks, a new study reveals. Rates of methicillin-resistant Staphylococcus aureus more than doubled in the period from 1999 to 2005, said the study, which was based on a survey of Canadian hospitals with 80 or more patient beds. THE CANADIAN PRESS

No exchange: Harper

PM rejects claim that Fung was released in a prisoner swap

A chorus of prominent Canadian and Afghan voices, including Prime Minister Stephen Harper and Canada's ambassador to Afghanistan, rejected reports yesterday that CBC reporter Mellissa Fung's freedom was the result of a prisoner exchange.

Fung — who was freed Saturday after 28 days in a tiny Afghan cave, often blindfolded and chained — was not let go as a result of a swap of prisoners or a ransom payment of any form, the prime minister said.

"There have been continued reports about ransoms or money being paid; that was not done in this case," Harper told a news conference in Ottawa.

"Likewise, there's been no release or exchange of political prisoners."

Fung, 35, was grabbed by armed men Oct. 12 after conducting interviews at a refugee camp on the outskirts of the Afghan capital of Kabul.

Although details of how Fung was freed have been sketchy, Afghan officials attribute her release to the sustained efforts of tribal leaders and provincial council members in the lawless Wardak province southwest of the capital.

Yesterday, however, a Pakistan newspaper cited anonymous sources in a report that said she was only let go after two jailed Taliban leaders were released. THE CANADIAN PRESS

THE CANADIAN PRESS/HO-CBC

Mellissa Fung is pictured in this undated handout photo.

Despite have-not status, Ontario strong: McGuinty

ECONOMY Ontario's new status as a have-not province doesn't reflect the province's true role in the national economy, says Premier Dalton McGuinty.

"Let's get serious," he said heading into a meeting yesterday with fellow premiers and Prime Minister Stephen Harper. The term have-not, he said, has become part of the Canadian political lexicon because of the federal equalization program, "but it doesn't represent the reality." McGuinty noted that Ontario taxpayers remain net contributors to Confederation to the tune of $23 billion, and said half the new jobs created in the country in the first half of this year were in the province.

"This $300 million that we're getting by way of equalization speaks, I think, to a broader issue … There's something wrong with the system, it is fundamentally broken." THE CANADIAN PRESS

News in brief

ARRESTED A couple on Quebec's list of 10 most wanted criminals were hiding under a mattress when they were arrested in Florida in connection with the death of a nine-month-old boy in Montreal.

SOLDIER SCAM The mother of a Canadian soldier killed in Afghanistan says a phoney online used car ad that uses her son's name and photo has been posted around the globe.

THE CANADIAN PRESS

The Comwave Guarantee

No Matter Where You Call, No Matter What You Pay, Comwave Will Beat It... Guaranteed!

Even if you are paying less, call us and we'll beat it... GUARANTEED!

Limited Time Offer
Call Now And Get $25
Free Long Distance To Anywhere In The World

Africa

KENYA	SOMALIA
from 6.9 ¢/min	49.9 ¢/min

Algeria.....7.9 ¢ Nigeria.....6.9 ¢
Angola.....14.9 ¢ Niger.....13.9 ¢
Libya .....24.9 ¢ South Africa 7.9 ¢
Morocco. ....18.9 ¢ Sudan.....12.9 ¢

Latin America

ECUADOR	CUBA
12.9 ¢/min	85 ¢/min

Haiti.....16.9 ¢ Bolivia from..... 6.9 ¢
Honduras..... 15.9 ¢ Chile..... 2.9 ¢
Panama from..... 3.9 ¢ Colombia from..... 3.9 ¢
Uruguay... .....7.9 ¢ Dominican Rep..6.9 ¢
Venezuela.....2.9 ¢ Mexico. from.....2.9 ¢

Middle East

JORDAN	LEBANON
4.9 ¢/min	9.9 ¢/min

Bahrain.....5.9 ¢ Kuwait.....6.9 ¢
Egypt.....14.9 ¢ Oman.....17.9 ¢
Iran. from.....3.9 ¢ SaudiArabia from.3.9 ¢
Iraq. from.....4.9 ¢ Syria.....18.9 ¢
Israel.....2.9 ¢ U.A.E.....19.9 ¢

South Asia

INDIA	PAKISTAN
6.9 ¢/min	5.9 ¢/min

Bangladesh from.....3.9¢
Bhutan ..... 15.9¢
Maldives ..... 14.9¢
Nepal from.....7.9¢
Sri Lanka..... 11.9¢
Afghanistan..... 24.9¢

Call Long Distance Even From Your Cell Phone

- No need to cancel your service provider.
- $10 Free Long Distance for every friend
- No Contracts

$5 /month Unlimited Calling To Anywhere In Canada

You can even call from your cell phone!

Fully Featured Home Phone Lines

2 Great Plans

Enhanced $14.95 Unlimited Local Calling

One Rate $29.95 /month Unlimited Long Distance to Canada and USA

- Caller ID
- Voicemail
- Call Forwarding
- Call Waiting
- Keep Your Existing Phone Number
- Free Comwave-to-Comwave Calls WORLDWIDE!

And Much More!

Call Now And Get One Month Of Phone Service FREE

comwave®

1-866-410-3055

www.comwave.ca

Home Phone Lines: * Terms and conditions apply. VoIP 911 has certain limitations versus traditional 911. The rate of $14.95 is based on a 2 year term. † The option to keep your existing phone number may not be available in all areas. Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. Calls to overseas mobile phones may be billed at a higher rate. ‡The $25 coupon will be mailed and must be returned for credit to be applied to account. 1 year term required. ‡ Credit for monthly fee will be applied to third month's invoice. Unlimited Canada does not include calls to the Yukon and N.W.T. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Mexico on this bundle are to Mexico City and Monterrey. Calls to Russia on this bundle are to Moscow and St. Petersburg.

Polygraph use in interviews under review

The Halifax Regional Municipality is conducting a review of the way it uses lie detectors to screen applicants for certain jobs after a job applicant said she was humiliated by questions during a recent polygraph test, including one asking whether she had sex with animals. THE CANADIAN PRESS

Canadians win Kyoto Prize

AWARD A Montreal-based philosopher and a biologist working at a Toronto hospital yesterday became the first Canadians to receive the Kyoto Prize — Japan's equivalent of the Nobel Prize. Charles Taylor and Anthony Pawson accepted their separate awards during a ceremony in Kyoto, Japan.

The Kyoto Prize recognizes outstanding contributions to arts and philosophy, basic science and advanced technology.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

In a post-mortem report Green party Leader Elizabeth May reportedly said she was worried about the party's showing in Quebec in the recent federal election.

Greens lacked a plan: May

The Green party was "clearly unprepared" for the recent federal election, leaving leader Elizabeth May feeling like she was "flying by the seat of my pants," says a confidential post-mortem prepared by May.

In a six-page document obtained by The Canadian Press, May wrote that the party had a "watershed election" and should be pleased that its share of the national vote jumped to 6.8 per cent from 4.5 per cent in the 2006 election.

However, the Greens failed to win a seat anywhere in the country and May placed second in her Nova Scotia riding of Central Nova to Defence Minister Peter MacKay.

In a section of the document titled, "Factors in our control," May said she had a sense of almost constant stress after the campaign began on Sept. 8 — some of it due to a lack of a clear plan by the party.

"No campaign planning document was ever prepared that I saw," she wrote. "No campaign discussions and strategy calls took place during the campaign.

"My feeling throughout the campaign was that I was flying by the seat of my pants."

May went on to say this was partly due to the party having spent its summer focusing on byelections, and having been caught off guard by Prime Minister Stephen Harper's election call.

May noted that results in Quebec were "seriously worrying." THE CANADIAN PRESS

Trucker caught with $2M at U.S. border

SMUGGLE Border agents in Detroit say a Canadian trucker has been caught trying to smuggle $2 million in U.S. cash into the United States.

The driver had nothing to declare when asked if he had alcohol, fruit, vegetables or money.

But border officers were suspicious Friday after an X-ray of his Volvo rig at the Ambassador Bridge. A dog got excited, too. Officers say they found 138 bundles of cash and six cellphones inside the walls of the truck. It's illegal to conceal more than $10,000 when leaving or entering the country.

The driver, Eskender Mafarani, is accused of smuggling and making a false statement to officers.

THE CANADIAN PRESS

Afghans get explosives training

ENGINEERS In a country where danger constantly lurks underfoot and around every corner, members of the Afghan National Army are getting a crash course from Canadian soldiers in the delicate art of handling high explosives.

Army

- There are 45,000 soldiers in the Afghan National Army.

The Afghan engineers are taking part in a basic demolitions range designed to allow them to better support their fellow Afghan National Army soldiers, said Capt. Jeff Allen, who oversees the training.

THE CANADIAN PRESS

News in brief

BOMBING Police in Vancouver are asking the public to be wary of any mysterious parcels. A 39-year-old man picked up a parcel from outside his townhouse complex in suburban Langley on Saturday. When he took it inside, the package exploded.

BRAND An international survey has ranked Canada as the second-strongest national brand in the world. But that doesn't mean it's the country most people want to visit — that honour went to Italy and Canada ranked eighth.

THE CANADIAN PRESS

FREE TEXT ALERTS
for budget control
the new fido

$68 million in payouts for B.C. health workers
Thousands of British Columbia health-care workers who lost their jobs through contracting out will be getting payouts from a total of $68 million in compensation. The Hospital Employees' Union, which represented about 92 per cent of the affected employees, said yesterday that the average amount will be $9,500. THE CANADIAN PRESS

Scientists revive cells 'exhausted' by fighting HIV

HEALTH A Canadian-U.S. research team has discovered a way to rejuvenate virus-killing immune cells that become "exhausted" after a person is infected with HIV. The scientists hope it could lead to a new approach to therapy — bolstering the body's ability to fight the disease by revitalizing these cells.

Co-author Dr. Mario Ostrowski of the University of Toronto said that the cells can destroy other cells that have been infiltrated by a virus. But with HIV, they don't produce the necessary chemicals. "They can't perform any function ... They're just totally wimpy and exhausted," he said.

The researchers discovered that the tired-out cells exhibit high levels of a molecule normally used to slow down the immune system after it has successfully dispatched a viral or bacterial invader. In experiments on cells taken from people with HIV, the researchers found they could resurrect them by blocking this molecule.

THE CANADIAN PRESS

Ottawa **A nation remembers**

THE CANADIAN PRESS/SEAN KILPATRICK

Governor General Michaëlle Jean, right, lays a wreath on behalf of the People of Canada at the closing ceremony of Vigil 1914-1918 at the National War Memorial in Ottawa yesterday.

News in brief

POST-SECONDARY Maclean's magazine released its annual university rankings Monday, but there were few surprises as Canada's economy goes through a rough patch that could lead to unemployed workers heading back to school. "Universities are big ships. Things don't change dramatically at universities, and you see that in terms of the rankings," said Tony Keller of Maclean's. THE CANADIAN PRESS

New privacy laws urged

Freedom, security can go hand in hand, say experts

The privacy of Canadians shouldn't be sacrificed on the altar of fighting terrorism, says a new report based on the views of experts.

"While the landscape has shifted, Canada's federal privacy framework has stood still."
Public Policy Forum Report

It says privacy and security must not be considered at odds with one another, and suggests weak privacy laws may actually make Canada more vulnerable to extremism.

"Other jurisdictions are outpacing the federal government on privacy," says the report prepared by the Public Policy Forum.

About 40 bureaucrats, academics and legal experts took part in a June workshop on modernizing the federal privacy law, enacted 25 years ago.

The report notes that since the Privacy Act came into effect, digital information has transformed how information is recorded and shared: "While the landscape has shifted, Canada's federal privacy framework has stood still."

Some participants suggested privacy and national security are "mutually reinforcing." They cited a need to better convey why, in the words of one participant, "if you reduce people's privacy you reduce their security." THE CANADIAN PRESS

Woman being forcibly held in Saudi Arabia, mother alleges

CAPTIVE A Quebec woman is calling on Prime Minister Stephen Harper to help get her pregnant daughter out of Saudi Arabia, where she alleges she is being held against her will. Johanne Durocher says her daughter, Nathalie Morin, is being held captive by her partner, who is the father of her two sons.

She says her daughter is eight months pregnant and alleges Saudi authorities are planning to induce her into labour so the child is born in the country.

The mother alleges she saw the man hit Morin during a visit to Saudi Arabia and says her daughter wants to return to Canada. Durocher has made several unsuccessful requests to Ottawa, THE CANADIAN PRESS

Frame shop finds WWII-era medals

DISCOVERY The military in Edmonton is trying to solve a mystery involving six medals from the Second World War and the soldier who earned them. Officials say a local framing shop recently turned over the medals, which are framed along with a photo of the soldier in uniform. The items ended up stored in the shop's basement for years. THE CANADIAN PRESS

CANTON PRESENTS FLAVOUR PACKS

Let your appetite carry you away!

New Ready to serve

Discover a new world of flavour with Canton Beans in a sauce

Available in a convenient, new style pouch, **Canton Beans in various sauces** are packed with more than a touch of the exotic. Simply heat them up for a delicious main meal or side dish. Then let your taste buds take you to far away places, extraordinary flavours and healthy cuisine. Find this original gourmet treat in the dry legumes or canned beans section of your supermarket.

Lassonde Canton

Savour the Exotic contest at cantoncanada.com

Greece or Italy?

From November 3, 2008 to December 12, 2008, choose your favourite destination—Greece or Italy?—at **cantoncanada.com** for a chance to win a one week trip for two.

transat HOLIDAYS

* No purchase necessary. Legal age of majority in the province of residence. Rules and contest entry forms on cantoncanada.com

Correction of headphone warning

The Canadian Press erroneously reported yesterday that headphones for portable MP3 players can interfere with pacemakers and defibrillators implanted in patients and should be kept at least three millimetres away from the cardiac devices. In fact, they should be kept at least three centimetres away. THE CANADIAN PRESS

World

Mama Africa dead at 76

Miriam Makeba, left, the "Mama Africa" whose sultry voice gave South Africans hope when the country was gripped by apartheid, died yesterday of a heart attack after collapsing on stage in Italy. She was 76. Makeba collapsed singing one of her most famous hits, "Pata Pata," at a concert in solidarity with six immigrants from Ghana who were shot to death in September in the town. THE ASSOCIATED PRESS

China rebuffs UN questions

China refused yesterday to answer questions from a United Nations human rights panel about the alleged torture and disappearance of dissidents, or provide official figures on the mistreatment of detainees in its prisons.

Campaigners have long criticized the country for failing to live up to a 1984 UN anti-torture accord, citing the secrecy of its courts and the persecution of lawyers who highlight abuses.

Li Baodong, China's ambassador to the United Nations in Geneva, said his government had "zero tolerance for torture" and was making good progress in stamping out abuse within its borders.

"The concept of prohibition of torture is gaining widespread recognition among the judiciary," he told a public meeting of the UN Committee Against Torture.

The UN committee will issue a list of findings and recommendations on China later this month.

THE ASSOCIATED PRESS

UN investigation

- Three years ago, the UN's torture investigator said inmates told him they were forced to lie still for weeks, faced beatings with electric batons or sticks, or faced other ill-treatment. Human rights groups such as Amnesty International and Human Rights Watch also have documented cases where they say torture was committed by the state.

News in brief

BRAZIL The Brazilian Society of Esthetic Medicine is offering free Botox injections and several other beauty treatments to those earning less than $250 a month. Spokeswoman Isabel Alvarez says the program lets student doctors get experience and gives the poor a chance for luxury treatments they couldn't normally afford.

IRAQ BOMBING A suicide bomber struck a crowd rushing to help schoolgirls trapped in a bus by an earlier bombing yesterday, killing at least 31 people — the deadliest in a string of blasts that raise doubts about Iraqi security forces as the U.S. prepares to reduce troops. The Interior Ministry, said another 71 people were wounded in the twin blasts, the deadliest attack in Baghdad in six weeks.

THE ASSOCIATED PRESS

Paraguay **Plight of the poor**

JORGE SAENZ/THE ASSOCIATED PRESS

A woman from the Nivakle indigenous group protest outside the Congress in Asuncion, the capital of Paraguay, yesterday. Indian groups from the Chaco region demanded from authorities more lands and support to their communities.

Parole board refuses to free convicted felon

KILLING A parole review official yesterday refused to release the convicted felon questioned in the killings of Jennifer Hudson's mother, brother and nephew, after a witness reported seeing him with a gun similar to the one used in the slayings.

William Balfour

A 35-minute hearing ended with a decision that there is probable cause to believe that William Balfour, Hudson's estranged brother-in-law, violated parole and should be held until a Dec. 3 hearing before the full Illinois Prisoner Review Board.

Balfour has been questioned, but not charged, in the killings. Authorities have called him a "person of interest."

During yesterday's hearing by a member of the review board, Balfour denied any involvement in the crime, including the allegations that he had been seen with a gun. THE ASSOCIATED PRESS

World's ugliest dog dies

ANIMALS A one-eyed, three-legged dog that won the title of world's ugliest pooch this summer has died.

The St. Petersburg Times in Florida reported that Gus, a Chinese crested dog, had cancer.

He was nine years old.

Gus, the world's ugliest dog

Gus was rescued from a bad home and went on to win the annual World's Ugliest Dog contest at the Sonoma-Marin Fair in northern California.

According to the contest, his adopted family in Gulfport, Florida, rescued him after learning he was being kept in a crate inside someone's garage.

He had one leg amputated because of a skin tumour and lost an eye in a cat fight. Gus' owner had said the prize money from the contest would be put toward the dog's radiation treatment.

THE ASSOCIATED PRESS

Obama crafting plan to move Guantanamo prisoners to U.S.
U.S. president-elect Barack Obama's advisers are quietly crafting a proposal to ship dozens, if not hundreds, of imprisoned terrorism suspects to the United States to face criminal trials, a plan that would make good on his promise to close the Guantanamo Bay prison, but could require creation of a controversial new system of justice. THE ASSOCIATED PRESS

France **Obama mania**

FRANCOIS MORI/THE ASSOCIATED PRESS

Petshop owner Esther Taieb walks her dogs, 'Carla' a French Bulldog, bottom, and 'Oscar' an American Staffordshire, with shirts bearing U.S. president-elect Barack Obama's likeness in Paris, yesterday. Her shop has already sold more than 100 dog coats with a picture of Obama in less than a month.

Clinton camp approached

Democratic officials say U.S. president-elect Barack Obama's transition aides have approached Senator Hillary Rodham Clinton's former campaign manager about taking a senior White House post.

These officials say Patti Solis Doyle is considering taking the job, although she worries about the effect it would have on her two young children.

She was contacted about possibly becoming cabinet secretary, a job that involves co-ordinating the efforts of the White House and cabinet-level agencies.

The officials who described the developments did so on condition of anonymity, saying they were not authorized to disclose them.

Doyle has worked for Clinton in a number of capacities, first in the White House and most recently when she made her bid for the Democratic presidential nomination.

THE ASSOCIATED PRESS

Michelle Obama visits schools

• Students at a private school in Washington's tony Georgetown neighbourhood were buzzing after a visit from Michelle Obama, who is scouting new schools for her two daughters ahead of their move to the White House.

Gag order sought in child murder

FLORIDA Prosecutors are seeking a gag order in the case of a young Florida mother charged with killing her three-year-old daughter.

The state wants to bar lawyers, Orange County sheriff's investigators and the parents of the mother from making any statements to the media about the case against 22-year-old Casey Anthony.

Caylee Anthony was last seen in June, but her mother did not report her missing until July. More than 1,000 searchers spent the weekend looking for the toddler's body. It has not been recovered.

The child's mother has pleaded not guilty to charges of first-degree murder, aggravated child abuse, aggravated manslaughter and four counts of lying to investigators about the disappearance of her daughter.

THE ASSOCIATED PRESS

RED HUBER/THE ASSOCIATED PRESS

California Bounty Hunter Leonard Padilla stands on the shoreline and watches his dive team yesterday as they search in the water for Caylee Anthony at Jay Blanchard Park in Florida's east Orange County.

Radical preacher re-arrested

BRITAIN Extremist preacher Abu Qatada, once called Osama bin Laden's ambassador to Europe, faces a hearing tomorrow after being re-arrested in West London.

According to British newspaper reports, Abu Qatada was taken into custody over the weekend, apparently for violating his strict bail conditions.

The prominent terrorist suspect had been freed on bail in June despite government objections, but was confined to his home 22 hours per day and forced to wear an electronic monitoring device at all times. His bail could be revoked if he is found to have violated his bail conditions, which aim to keep him from having any contact with known terrorists.

He is forbidden to use the Internet, computers, or mobile phones and is specifically prohibited from any contact with bin Laden and his deputy, Ayman al-Zawahiri.

THE ASSOCIATED PRESS

case

• His case is to be heard by the Special Immigration Appeals Commission.

News in brief

SYRIA Diplomats say uranium has been found in environmental samples from a Syrian site bombed by Israel on suspicion it was a covert nuclear reactor. The diplomats say that the uranium —combined with other elements found in the samples — merits further investigation by the International Atomic Energy Agency and will be presented to the IAEA next week.

POLAND Lech Walesa is a national icon — an anti-communist hero, Nobel Peace Prize winner and former president. But he wasn't invited to Poland's independence gala, and the current president is facing criticism for the slight. President Lech Kaczynski said he had been insulted by Walesa so often that he didn't want to subject himself to more.

THE ASSOCIATED PRESS

Britain drops child molester's work

SCHOOL A British exam board is recalling a high school music test that included convicted child molester Gary Glitter's song in its "suggested listening" section.

Students were given a series of examples they could model their songs on, among them Glitter's 1970s hit "I'm the Leader of the Gang."

THE ASSOCIATED PRESS

Haiti rescuers giving up hope

COLLAPSE French, American and Haitian firefighters used sonar, cameras and dogs yesterday in the search for victims at a collapsed Haitian school, but as the stench of death rose from the wreckage, they no longer expected to find anyone else alive.

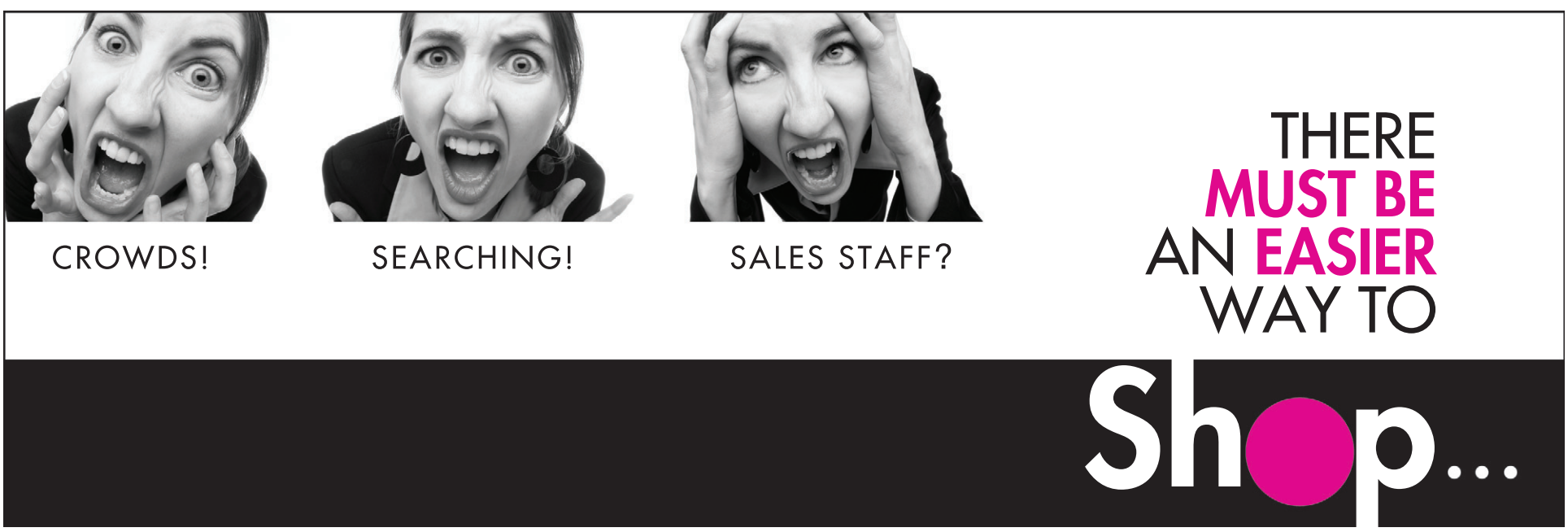
Three days after the concrete building suddenly collapsed during a children's party, killing at least 94 students and adults and severely injuring 150 more, Capt. Michael Istvan of Fairfax County, Va., said the chance of more survivors was remote.

He also said the death toll won't likely go much higher.

THE ASSOCIATED PRESS

bodies

• Several bodies were pulled out yesterday, caked in concrete dust, and radar located several more.



Associate Publisher, Irene Patterson
Managing Editor, Glen Miller
glen.miller@metronews.ca
Associate Managing Editor, Tarin Elbert
torontoletters@metronews.ca
Retail Sales Director, Tracy Day
Production and Distribution Director, Gerry Moher
toronto_distribution@metronews.ca
NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Art Director, Laila Hakim
National Sales Director, Susan Courtney
Interactive Director, Jodi Brown

Comment & Views

Comment

Charisma is Iggy's game

Michael Ignatieff sports a fresh face, radiance and gravitas

NationalReport

With the election of Barack Obama, the politics of charisma is back. Charm, eloquence, inspiration — all those things our federal leaders lack and all those things the Liberals should be looking for when they choose a successor to their well-meaning taxidermist, Stéphane Dion.

Charisma is having a commanding presence. It's a combination of physical and intellectual sparkle. The example of John F. Kennedy — elegant look, illuminating mind — is often cited. You'd never see JFK in cargo pants. And his thoughts went beyond the banal. How about, this being Remembrance Day, his words on war? "War will exist until that distant day," he said, "when the conscientious objector enjoys the same reputation and prestige that the warrior does today."

"For our current Canadian leaders, the word most frequently employed is wooden."

He said that in 1945. We haven't made much progress. We celebrate, as we should, our warriors. Not so, the objectors.

In the charisma sweepstakes, Pierre Trudeau was a worthy Kennedy successor. Ronald Reagan had the engaging presence, but with regards to his mental equipment, there were doubts. "You could walk through his deepest thoughts," said one congressman, "without getting your feet wet."

For our current Canadian leaders, the word most frequently employed is wooden. Stephen Harper, Jack Layton and Dion are all knowledgeable and intelligent men. But they lack presence and their level of oratorical eloquence best befits a city council. Reading their speeches is like wading through glue.

Is there any hope out there, anyone capable of stirring our masses? The closest to having the right stuff when charisma comes calling is probably Michael Ignatieff. He has the lean and savvy and worldly look, intellectual credentials by the barrel, a voice with timbre and, as the author of several books, a feel for uplifting language.

In his first Liberal leadership bid, he made rookie mistakes that hurt him. Even so, he still led all others on the first ballot. The new leadership fight promises, like the first, to feature him and Bob Rae as the favourites. Rae has some charismatic credentials of his own. He is articulate and polished and suffers from no lack of erudition.

But Michael Ignatieff is the fresher face and has a bearing that provides that rare combination of radiance and gravitas. If, in the Obama era, the Liberals are looking for the charismatic candidate to contrast a stolid prime minister, he will be their choice.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

There's no use blaming the Internet

By CHRISTINE WILLIAMS

Christine Williams

The media has long played the scapegoat as a major player in youth afflictions, from early sexualization and eating disorders to violence and video game addiction.

Truth be told, back in the good ol' days, vices also slithered their way into society, long before the evolution of the media. The liquor dispensing saloons of the roaring '20s were linked to prostitution and alcohol abuse led to the Prohibition movement. As for the hippie movement of the '60s — with all the sex, drugs and rock 'n' roll — what some folks did back then, well, it's enough to make you blush.

Every era presents new challenges, where choices for recreation can prove deleterious, depending on the responsibility level of the participant. Today's youth are bombarded with entertainment and communication devices that literally follow them around in their pocket every minute of the day, providing a temporary fix for loneliness and boredom. The great escape from life's annoying trials is at the touch of a button or two.

When 15-year-old Brandon Crisp from Barrie disappeared Thanksgiving Monday after his parents confiscated his Xbox, we were all left stupefied. His disappearance led to massive search efforts and reignited debates about Internet addiction and whether it should be seen as a medical condition. His parents were concerned that he had lost touch with reality and feared that he was lured by an online predator.

In and of itself, the Internet is a neutral technology. We know that any obsessive, addictive behaviour is a warning sign of a much deeper issue. Psychologists warn that these issues elude many parents. Like any addiction, it becomes a self-medication and a clever way to enshroud a host of insecurities and fears behind a world of fantastic illusion.

It will behoove parents to trust themselves in their role as teachers, not friends. Children need guidance, attention and a listening ear. Even if they choose to test their powers by throwing tantrums, they'll get over it once they realize their wiles are futile. The only other choice is to sweep a potentially hazardous problem under the rug and hope on your child's future — and safety — that it will go away by itself. It's the easier way, but pretty risky. Many of today's parents are stressed to the limit and can't cope either. In this case, perhaps it's time to re-evaluate priorities and seek help for yourself first.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Letters

Kyle Curlew, MISSISSAUGA

Re: Free speech isn't free (Oct. 29)

The conflict around Mark Steyn's victory over our "justice system" is a moral breakthrough, however, Steyn's theories are neither credible nor intellectual.

Racial discrimination is something that will work itself out over time as culture broadens and becomes more enlightened and liberal. It will essentially be diluted — my proof is the state of North America now compared to that of a few generations ago when racial difference was publicly scorned.

Changes must be made to our laws concerning hate crimes — although our prime minister would not agree. To fight fire with fire will inevitably create more fire.

At this rate, we will be running in circles, scorching each other's bottoms while nothing above a few charges and maybe imprisonment will ever happen.

Spencer Rye, MISSISSAUGA

The stabbing at Don Mills Collegiate Institute on Oct. 28 highlights a major problem faced by students in schools — illegal concealed weapons.

It's a scary thought if you end up getting in an argument and you are not sure if the person has a hidden weapon.

The problem has grown out of control. Now, even normally "safe" schools can become an extremely unsettling "prison" where you can pass a number of weapons and potential threats as you walk through the halls.

METRO Toronto
1 Concorde Gate, Suite 703
Toronto, ON M3C 3N6
Tel: 416-486-4900
Fax: 416-482-8097
Advertising: 416-486-4900
adinfotoronto@metronews.ca
metro_inquiries@metronews.ca

NADbank Newspaper Audience Databank Inc. PMB CCAB BPA WORLDWIDE

It's your turn to tell others what you think. E-mail your thoughts and opinions to: torontoletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. **We reserve the right to edit letters.**

Record bailout for AIG
In a record bailout of a private company, the U.S. government yesterday provided a new $150-billion US financial-rescue package to troubled insurance giant American International Group, including $40 billion for partial ownership. THE ASSOCIATED PRESS

Business

DOLLAR
0.60¢ | C$ $83.58 US | US$ $1.1965

OIL
$62.41 US | $1.37

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

In brief

HOUSING Canada's housing market bucked the gut-churning downward spiral south of the border, with new homes commanding higher prices and developers going ahead with building a surprising number of new homes, according to the latest figures released yesterday.

RECONCILED Bombardier Inc. and French rival Alstom have buried the hatchet and will submit a joint bid to supply new transit cars for the Montreal Metro's $1.2-billion upgrade.

AIRLINE GROWTH WestJet Airlines Ltd.'s profit dropped by 28 per cent in a "roller-coaster ride" of a third quarter, but fuel cost volatility and economic uncertainty will not deter the company from growing its capacity next year, CEO Sean Durfy said yesterday.

THE CANADIAN PRESS

Circuit City on brink

Circuit City Stores Inc., America's second-biggest electronics retailer, and its Canadian subsidiary have filed for bankruptcy protection, but both plan to stay open for the holiday shopping season.

Circuit City filed under Chapter 11 of the U.S. bankruptcy code, and its wholly owned InterTan Canada subsidiary — which operates as The Source by Circuit City — said it is filing under the Companies' Creditors Arrangement Act.

The court shelter will allow the company to hold off creditors and continue operations while it develops a reorganization plan.

The Richmond, Va.-based retailer has been struggling in the United States as anxious consumers spend less and credit tightens. The Canadian operations aren't under as much economic stress.

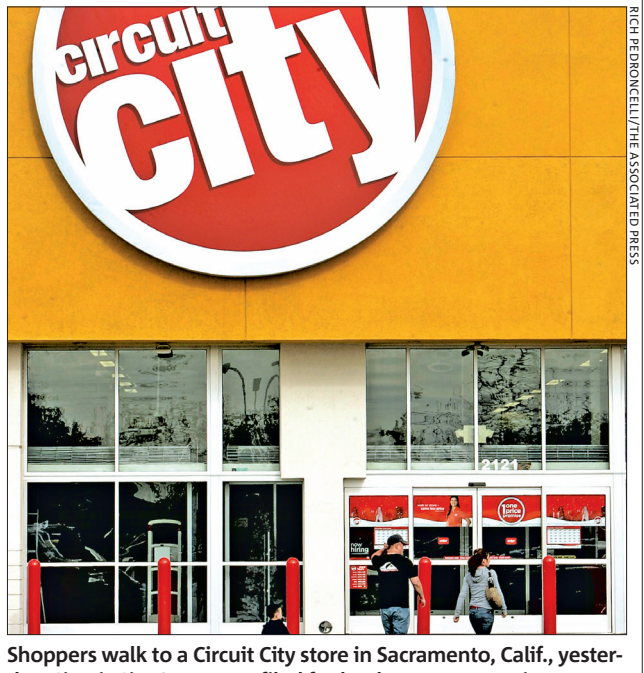
InterTan president Ron Cuthbertson told reporters yesterday that the Canadian stores have been delivering stable or improving financial results, but was required to seek court protection when its parent did.

The two companies share a credit facility, which provides the cash needed to fund day-to-day operations.

"The Canadian division needs the credit facility to remain solvent and pay its creditors," Cuthbertson said in a conference call.

"Should our credit note be called, and we have to be able to fund that immediately, we do not have the means to do that, which would bring us to insolvency."

THE CANADIAN PRESS



RICH PEDRONCELLI/THE ASSOCIATED PRESS

Shoppers walk to a Circuit City store in Sacramento, Calif., yesterday. Circuit City Stores Inc. filed for bankruptcy protection as analysts question whether the electronics retailer will survive.

Privatization on track, BCE says

MONTREAL BCE Inc. says plans to take the country's largest telecom private remain on track to close next month, despite a class-action suit filed against the company by unhappy shareholders.

The case, which is before the Saskatchewan Court of Queen's Bench, has been filed on behalf of shareholders unhappy that $600 million of dividends were cancelled to smooth the way for the deal.

The Montreal-based company said the plaintiffs had sought an injunction seeking to halt the privatization transaction, but it was denied by the court.

One of the lawyers for the plaintiffs disputed BCE's statement, saying that an application for an injunction "has not yet been made."

THE CANADIAN PRESS

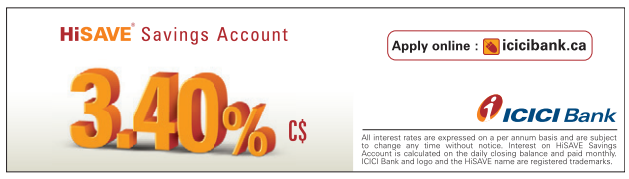
BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	0.2%	3.4%	2.7%	3.05%	2.5%	3.0%	0.05%

Note: Please check bank websites as some rates require a minimum account balance.

Interest rates/Savings accounts
METRO NEWS SERVICES

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA



Taking a friend out for a birthday dinner is a great way to celebrate — until the bill arrives and you're stuck with more than your share.

Dividing the dinner bill

"Why should you be stuck with covering everyone else's indulgences when your bill only came to $30?"

Have you been invited to a friend's birthday celebration lately that involved a "birthday dinner" out on the town? And at the end of dinner, the person who opted for the lobster bisque and the finest bottle of wine suggested that everyone should just split the bill? You, of course, wanted to contribute to the guest of honour's meal. But why should you be stuck with covering everyone else's indulgences when your bill only came to $30? Here's how to deal with the situation while maintaining some class:

Get a separate bill

Quietly pull the waiter aside on your own to explain that you would like a separate bill.

If anyone at the table gives you a look when the bill comes, explain that you thought it would be easier to have your own since you were worried you might have to slip out early and didn't want anyone to get stuck with your tab. Aren't you considerate?

Buddy up

If you can't get a separate bill, then at least buddy up. Have you ever noticed that people order much more than what everyone can eat and there is always food left on the table at the end of the night?

Try curbing the ordering process by teaming up your order with someone else. A good excuse to order fewer dishes could be to bring up leaving room for dessert. It is safe to bet that not everyone will get dessert anyway.

Skip the entrée

Eat ahead of time and show up fashionably late for cocktails and dessert.

Order your own drink

If an expensive bottle of wine is ordered, be sure that you order your own distinct cocktail (preferably the one on special!) that way everyone at the table can clearly see that you don't owe for the pricey vino.

Don't pick up the bill

Do not be a hero. If the dreaded bill-division discussion is just too much for you to handle, you may be tempted to cover the entire bill. Let's be clear — there's no need for you to cover the entire bill! Smart Cookies are all for generosity, but let's be real. These are your friends and you don't need to impress them by throwing down your nearly maxed-out Visa. Who are you fooling!? Chances are your friends want you to enjoy their celebration, not break out in a sweat when the bill comes to the table.

We bet if you show some interest in keeping the bill low there will be more than one sigh of relief at the table. Happy celebrating!

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

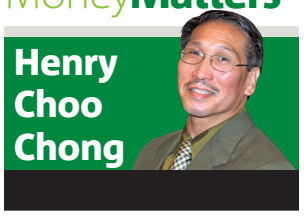
Investing

Allan Small

What lessons can investors learn from the current financial crisis? Read this week's column at metronews.ca

Ways to keep more of your severance package

MoneyMatters



Henry Choo Chong

Q Recently, I was laid off from work. I'd been with the company since graduating from high school some 24 years ago. The severance package, although not the best in my industry, was generous under the circumstances. However, this one-time amount puts me in the highest income bracket. How can I keep more in my pocket?

Ken, Oshawa

A A Canadian slowdown may lag behind the U.S. economy but the "R" word is inevitable. We'll continue to see layoffs, particularly in the next several months.

As a general strategy, anyone who receives a severance package should talk to human resources staff or their own financial adviser for help maximizing the after-tax package.

One specific strategy — for folks who receive retirement allowances without vested rights in an employer-sponsored pension plan — is that they may qualify to transfer into a special RRSP above and beyond their normal RRSP deduction limit. A retirement allowance includes amounts for recognition of long service or compensation for loss of employment.

Here are few further tips you can implement to reduce your tax obligations:

- Contribute the maximum RRSP deduction allowed.
- Transfer the maximum eligible amount to the retirement allowance.
- Negotiate with the company to split severance over more than one year.
- Talk to your accountant for more tax planning ideas.
- Eligible retirement allowance is determined as follows: a) $2,000 for each employment year prior to 1996 and b) an additional $1,500 for each year prior to 1989.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

MONEY PROBLEMS?

WITH CREDIT CARDS AND LOAN

MAKE ONE SMALL MONTHLY PAYMENT
FOR ALL YOUR DEBTS!

NO

- X Collection Agencies Calls?
- X Paying High Interest?
- X Court orders Against You?
- X Afraid of Losing Your Assets?
- X Garnished Wages?

WE

- √ Reduce Your Debts!
- √ Stop Interest Right Away!
- √ Re-Establish Your Credit!

NO NEED FOR BANKRUPTCY

YOU HAVE TO KNOW:
Before you see a trustee
in BANKRUPTCY
Talk to us First
Trustee represent your creditors
But we work for you !!

North York
416-650-1100

Scarborough
416-754-0011

Mississauga
905-275-4200

gta credit

www.gta-credit.com

• Spanish	416-650-5200	• Hindi / Urdu	416-650-1100
• Chinese	416-650-0044	• Portuguese	416-650-1700
• Russian	416-650-0400	• Polish	905-275-6200
• Tamil	416-650-5400	• Afghani	416-650-5800
• Persian	416-650-5800	• Ukrainian	416-650-0400
• Korean	416-650-0900	• Italian	416-650-1400

Second NHL team in Toronto worth $600 million?

According to a report in the Globe and Mail, a second NHL team in Toronto could be worth up to $600 million, and Maple Leafs Sports and Entertainment would likely be entitled to a territorial payment of approximately $250 million if an existing team relocated to the area. METRO NEWS SERVICES

Sports

Longoria, Soto top rookies

Evan Longoria of the Tampa Bay Rays, left, won the American League Rookie of the Year award yesterday by unanimous vote, and the Cubs' Geovany Soto, right, ran away with the National League honour. Longoria becomes the AL's first unanimous winner since Nomar Garciaparra in 1997, while Soto received 31 of 32 first place votes, the other going to Cincinnati's Joey Votto, a Toronto native. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Holliday headed to Oakland?

MLB Matt Holliday appears headed to the Oakland Athletics. Two people familiar with the proposed deal said Monday the A's and the Colorado Rockies have reached a tentative agreement. Both people spoke on condition of anonymity because the trade had not been finalized. It was unclear whom Colorado would get for the two-time all-star outfielder.

Canadian suffers fractured skull

SOCCER Canadian striker Iain Hume is being treated in hospital for a fractured skull. The 25-year-old, who plays for Barnsley in England, went off the field after taking an elbow Saturday. The club reported he was taken to the hospital when his condition deteriorated. THE ASSOCIATED PRESS

Celtics show champ mettle

NBA RESULT

Raptors 87 **Celtics** 94

VS

JOHN CHICK
john.chick@metronews.ca

THE SKINNY: After leading by as many as 16 points in the game, the Raptors drop a 94-87 decision to the Celtics in Boston.

THE BIG PLAY: Jermaine O'Neal committed a costly turnover in the offensive end trailing by two in the fourth quarter. Paul Pierce capitalized with a 17-footer at the other end, part of a 22-point fourth for the veteran, who finished with 36 points.

THE BRIGHT SIDE: O'Neal recorded his first double-double as a Raptor, racking up 23 points and 11 rebounds. However, 19 of those points and eight of those boards came in the first half.

CELTICS D: Chris Bosh was held to nine points on 3-of-8 shooting with Kevin Garnett sticking to him. Garnett at times also guarded Jose Calderon, who shot 2-of-9.

THE TRASH TALK: Calderon didn't back down from Garnett getting in his face in the fourth quarter; O'Neal and Kendrick Perkins jawed with each other in the second.

THE QUOTE: **"He's known for a quite some time that he can't guard me."** O'Neal on Perkins.

THE NEXT GAME: At home Wednesday against the 76ers.

AP PHOTO/CHARLES KRUPA

Jermaine O'Neal battles Boston Celtics forward Leon Powe for a rebound last night.

Tonight

VS

9:30 p.m.
TV: Rogers Sportsnet
Radio: AM 640

THE SKINNY: The Leafs begin a western Canada swing with their first visit to Calgary in three years. The visits will be regular now that the NHL has instituted the schedule it had before the lockout. "It's a good format," said Flames coach Mike Keenan. "It's good for our fans to be exposed to all the Canadian teams, the other Original Six teams, and the star players on other teams."

OF NOTE: Jarome Iginla is expected to play despite a bout with the flu. He leads Calgary in scoring with 19 points. Todd Bertuzzi has found new life under Keenan. His 7G, 6A has him third in team scoring. He's averaging 20:18 in ice time a game. TORSTAR NEWS SERVICE

Stop paying too much for long distance.

Just dial 10•10•925 and save.

• All your calls appear on your local phone bill
• No additional fees • No contracts

North America just dial 10•10•925
+ 1 + area code + number.

Overseas just dial 10•10•925
+ 011 + country code + number.

5¢ / min. Canada & USA

10¢ / min. Israel

9¢ / min. Italy

1•888•769•2982 or visit www.yak.ca

yak® I can't believe it's a phone company.

Terms of service apply, visit www.yak.ca for details. Calls to cellular destinations or special country code terminations may be billed at a higher rate. Rates effective January 1st, 2008 and subject to change without notice.

Canucks goalie first star of the week
Roberto Luongo was named the NHL's first star of the week yesterday after posting three straight shutout victories. THE ASSOCIATED PRESS

Three games for hit

Kostopoulos suspended; Van Ryn still in pain

When Montreal's Tom Kostpolous was suspended three games yesterday for his hit on Toronto defenceman Mike Van Ryn, the reaction from the Leafs camp suggested the time is right to eliminate dangerous hits to the head from the NHL.

"If a guy is vulnerable going into the boards, you have to be aware of that. I know what it's like from the other side. It's punishable," said Leafs forward Ryan Hollweg, who the NHL suspended twice this season for hits from behind.

Van Ryn remained in Toronto yesterday while the Leafs jetted out on a three game western Canadian road trip, still in considerable pain from the devastating hit from behind in Saturday's Hall of Fame game, which Toronto won 6-3 over the Canadiens.

Van Ryn, who apparently is in too much pain to return phone calls and responds only via texting, suffered overwhelming damage: A concussion of unknown grade, a broken nose, a broken hand, a gash to the forehead, and damage to his teeth and gum line.

The NHL, already facing a groundswell of opinion on hits to the head, appeared to weigh Van Ryn's injuries heavily into Kostopoulos' sentencing.

"While it is my determination that Kostopoulos did not deliver a check to an unsuspecting opponent, his actions caused injuries," NHL senior executive vice-president of hockey operations Colin Campbell said in a release.

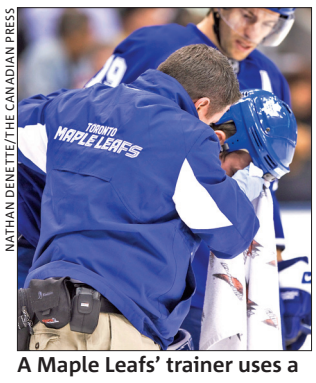
"I never intend on injuring another player. I feel bad."
Tom Kostopoulos

In Montreal, Kostopoulos issued a statement in which he expressed regret.

"I was trying to finish my check and obviously it did not end up well," Kostopoulos said. "I never intend on injuring another player. I feel bad. I hope he is going to be all right and resume playing as quickly as possible."

From the Leafs perspective — and a perspective shared around the NHL — the suspension held significance as a proper penalty for the incident, and as a measure of eliminating dangerous hits from the game. The Ontario Hockey League remains the only top flight hockey league in North America to automatically suspend players for hits to the head.

TORSTAR NEWS SERVICE


NATHAN DENETTE/THE CANADIAN PRESS
A Maple Leafs' trainer uses a towel to cover the bleeding face of Mike Van Ryn after being hit into the boards by Montreal's Tom Kostopoulos on Saturday night.

KIOSK Language Centre
SPANISH IN MEXICO
416.545.1660
www.kiosk.on.ca/spanish

TELL METRO READERS WHAT YOU THINK
NEW "COMMENT & VIEWS"
Whether you agree or disagree about anything you've read in Metro, we want to know.
Send us your views and pick up Metro daily to find out what other Metro readers are saying.
Email your letters to
torontoletters@metronews.ca
metro Do it daily.

Do you have cat allergies?

Allied Research International is seeking people with cat allergies to assess the effectiveness of an investigational vaccine for the treatment of cat allergies.
You may qualify to participate if you are between 18 and 65 years of age and have been allergic to cats for at least one year.
Qualifying participants will be compensated up to $2,500 upon study completion.
Visits can be completed at any of our 4 affiliated clinics in the GTA.
Call: 905-629-5777 or Toll Free: 1-888-ARI-5544
Regular hours of operation: Monday to Friday 9 am to 8 pm & Saturday 9 am to 5 pm
4520 Dixie Rd, Mississauga www.allied-research.com
AlliedResearch INTERNATIONAL
A Company of Cetero Research
ARI is a contract research organization dedicated to the advancement of clinical research. We conduct research for both healthy volunteers and those with medical conditions in a safe and friendly environment.

Bridge tested for earthquake resistance
Local bridge, crossing George's Creek, built with popsicle sticks and cheap cement is unsurprisingly unable to withstand even a light tremor. Builders break for breakfast to re-evaluate their ideas.
Made with a Freshly Cracked Egg
GET CRACKING eggs.ca
The Egg McMuffin®
i'm lovin' it
©2008 McDonald's

Football argument sparks shooting deaths

A man and woman were shot dead after an argument that witnesses said started over an Alabama-LSU college football game. The Conecuh County sheriff's office said the two were shot to death about 7 p.m. Saturday in the rural community of Owassa in southern Alabama. METRO NEWS SERVICES

Torontonian cleans up at World Series of Poker

YorkReport

Marty York

marty.york@metronews.ca

I'm still not quite willing to classify poker as a sport, but it *is* televised on prominent all-sports networks and it *does* have a huge following — in fact, more North Americans watch poker than, say, hockey — so let's devote some space here today to this remarkable bit of news:

A Toronto accountant has won more than $2.4 million US at the World Series of Poker.

Darus Suharto, 39, left the final table in Las Vegas in the wee hours yesterday morning with a sixth-place finish and a cheque for $2,412,510. He beat out more than 6,835 opponents who had entered the World Series.

Not a shabby result for an $80 investment by Suharto in an online tournament last spring. Suharto grinded his way against unfathomable odds to reach the final table in Vegas on the weekend. He was elated yesterday, of course, and, while not calling himself an athlete, he certainly called poker a sport.

"It's the only sport that gives regular people the chance to become a top sportsman," Suharto said. "When I first started playing, I wasn't very good at all, but I quickly learned by practising (at www.pokerstars.com) and I became more conservative in my play. This has been the ride of a lifetime."

Suharto was born in Indonesia before earning a master's degree in business at the University of Arkansas. He moved to Canada to work for Deloitte and Touche and became a certified public accountant through York University. He began playing poker for fun in college, but only started playing competitively in 2005, primarily as an online player.

Yesterday morning, Suharto was subdued at the final table when he moved all in and his ace-eight was called by poker professional Scott Montgomery, another Canadian.

A graduate of the University of Waterloo, Montgomery defeated Suharto with an ace-queen. Montgomery wound up with a fifth-place finish and a cheque for $3,096,768.

Suharto, incidentally, is paying off his mortgage with his winnings and plans to set up an education scholarship. He isn't quitting his day job, though.

Darus Suharto of Toronto walked away with $2,412,510 for finishing sixth at the WSOP in Las Vegas yesterday.

• The Blue Jays hope the president of the Washington Nationals becomes their new president. Stan Kasten, who also has presided over the Atlanta Braves, Atlanta Hawks and Atlanta Thrashers, is atop the list to replace the Jays' interim prez, Paul Beeston. Sources spotted Jays lawyer Gord Kirke meeting with Kasten in New Orleans on the weekend.

• The Montreal Alouettes and Calgary Stampeders both have been established as six-point favourites for their division finals this weekend.

The Als will entertain the Edmonton Eskimos. The B.C. Lions visit Calgary.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

SCOREBOARD

NHL

LAST NIGHT'S RESULTS
Edmonton 3 N.Y. Rangers 2 (SO)
Washington 4 Tampa Bay 2

TONIGHT'S GAMES
TORONTO at Calgary
Ottawa at Montreal
Philadelphia at N.Y. Islanders
Pittsburgh at Detroit
Dallas at Los Angeles
Nashville at San Jose

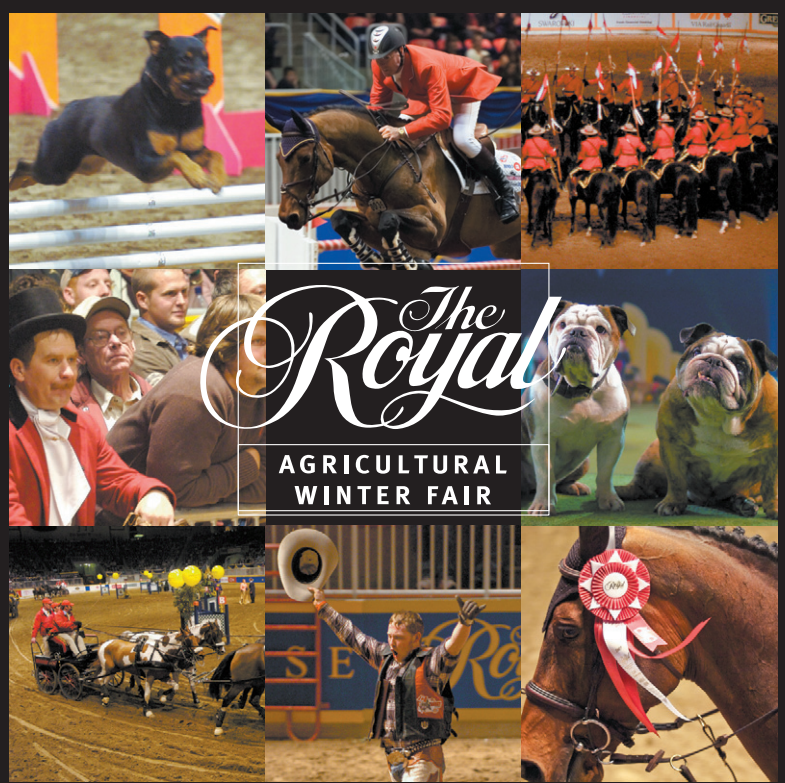
TOMORROW'S GAMES
St. Louis at Buffalo
N.Y. Rangers at New Jersey
Washington at Carolina
Phoenix at Columbus
Tampa Bay at Florida
Boston at Chicago
Colorado at Vancouver

NBA

LAST NIGHT'S RESULTS
Boston 94 **TORONTO** 87
Portland 106 Orlando 99
Indiana 107 Oklahoma City 99
Miami 99 New Jersey 94
Memphis at Phoenix

TONIGHT'S GAMES
Utah at Philadelphia
Milwaukee at Cleveland
Denver at Charlotte
Atlanta at Chicago
New York at San Antonio
L.A. Lakers at Dallas
Detroit at Sacramento
Minnesota at Golden State

STICK IT TO NOVEMBER



November 7-16 ★ royalfair.org ★ (416) 263-3400

★ NEW EVENTS ALL WEEK LONG ★

Horse show tickets include full general admission.
Call ticketmaster 416-872-7777 or www.royalfair.org.
Buy discount GA tickets at participating Shoppers Drug Mart.

CN TOYOTA make things better ONTARIO Yours to discover Kubota VOICE of the GTA TORONTO STAR thestar.com RICOH

35% OFF 1ST LOAN WITH AD
BORROW UP TO $1000.00 UNTIL PAYDAY
INSTANT APPROVAL By Phone/Fax/Email
LOWEST COST PAYDAY LOANS IN THE GTA
416-636-6333 or www.paydayanyday.com
PAYDAY LENDERS NOW ANY DAY CAN BE YOUR PAY DAY!
3121 Dufferin Street

THINNING HAIR

HAIR LOSS • ITCHY SCALP
THINNING HAIR • DANRUFF
ANTECHHAIR.COM
HAIR MICRO ANALYSIS (HMA)
ETG TREATMENT
NATURAL SCALP TREATMENTS
A NATURAL ALTERNATIVE TO HAIR TRANSPLANT
FDA APPROVED LASER COMBS NOW AVAILABLE
96.7% SUCCESS RATE REPORTED IN CLINICAL TESTING
FREE CONSULTATION
FREE EVALUATION
★ IN BUSINESS OVER 25 YEARS ★

DOWNTOWN	BAY/BLOOR	416.929.4247
NORTH YORK	YONGE/SHEPPARD	416.250.6675
MISSISSAUGA	HWY10/DUNDAS	905.896.1074

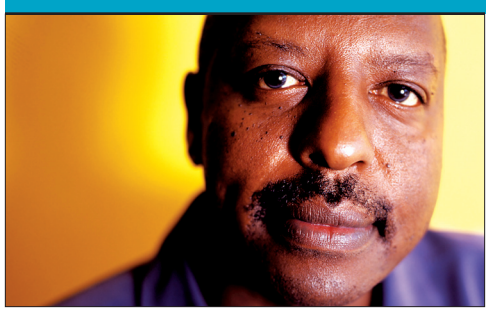
Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

Learning Curve

Art and education Pg 18

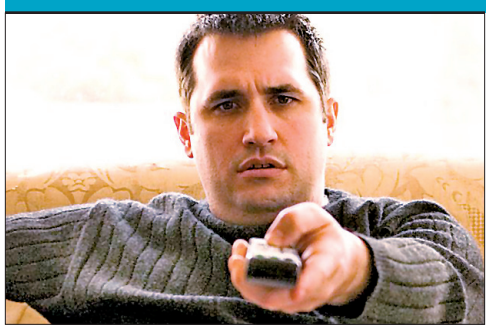
The University of King's College is offering students in Halifax, Toronto and Ottawa a chance to get a ticket to the Renaissance.

Counselling Pg 20



Centennial counsellor tells Metro why he helps out

Research Pg 22



Professor probes the appeal of reality television

Education Pg 24

Kids inspire future chef and honour roll student

Interested in a new career?

Medix Schools provide our students with the following health care career training programs:

Intra-Oral Dental Assistant • Dental Hygiene • Medical & General Lab Assistant
Esthetics • Massage Therapy • Medical Office Assistant • Personal Support Worker
Social Service Worker • Pharmacy Technician Assistant • Developmental Service Worker

Contact us today to learn more about these exciting programs.
Toronto West: 416-630-8021
Toronto East: 416-701-1201
www.medixschool.ca

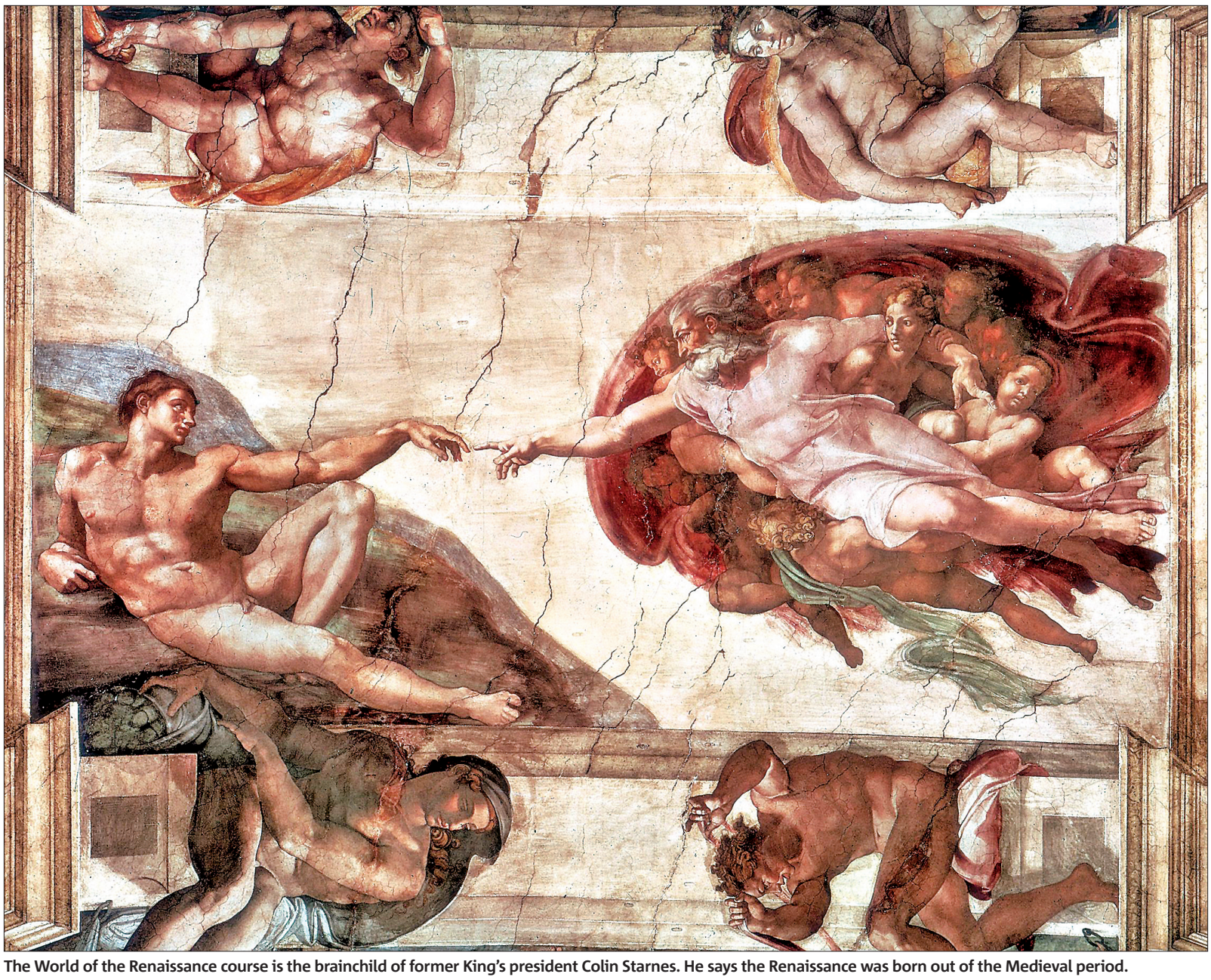
Medix School
BE JOB READY IN MONTHS!

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

Exploring the Renaissance

Course looks at 'the most significant development since ... the dawn of civilization'

JON TATTRIE
for Metro Canada



The World of the Renaissance course is the brainchild of former King's president Colin Starnes. He says the Renaissance was born out of the Medieval period.

Instead of travelling to Italy next year, why not spend your money on a ticket to the Renaissance? The University of King's College is taking highlights from its famous foundation year program and packaging them for the general public in The World of the Renaissance.

The four-month winter course, which is available in Halifax, Toronto, Ottawa and online, is the final section of the King's Seminar. It looks at "the most significant development since humans first began to associate with one another in cities at the dawn of civilization;" namely, the creation of modernity about 500 years ago in Western Europe.

The course is the brainchild of former King's president Colin Starnes. He says the Renaissance was born out of the failed intellectual projects of the Medieval period.

"(Those ideas) didn't work so badly that they had to find something else. What they found — separating church and state and working out how the world will look if you organize it that way — is really building the world that we're still in."

Knowing where we've come from is critical to understanding where we are, says Starnes. He speculates the world is on the verge of a similar transformation.

The course, which largely attracts professionals and retired people, explores the minds of Leonardo Da Vinci, Galileo Galilei and William Shakespeare, among others. King's top professors cover the Reformation, the conquest of the New World and the formation of modern science. "There's a whole lot of juicy stuff," says Starnes. "The boundaries between the departments of the university just dissolve."

> **"I don't even give them a little piece of paper that says they took it. They don't care about that!"**
> Colin Starnes on the program

Starnes says the beauty of the course is a very Renaissance ideal: People are there purely to learn.

"I don't even give them a little piece of paper that says they took it. They don't care about that!" he laughs. "What these people want is a way to get a hold of these basic, beautiful, formative works of the West and a way to understand them."

Classes are held once every two weeks, plus tutorials. The professors are based in Halifax and fly to Toronto and Ottawa biweekly.

More

- For more information, contact Nadine LaRoche at 902-422-1271, ext. 136, or nadine.laroche@ukings.ns.ca

Provide Legal Services Without a Degree

- Of all Paralegal, Law Clerk and Legal Assistant occupations combined in Ontario, 58% are in the Toronto area
- Employment for this occupation is expected to grow more rapidly than the average for all occupations through the year 2009
- Paralegals are regulated and licensed by the Law Society of Upper Canada

Graduates are prepared and eligible to write the Law Society Paralegal licensing exam. Several graduates have successfully passed the exam and are Licensed Paralegals.

Herzing College is presently preparing their submission to the Law Society of Upper Canada for Accreditation of their Paralegal program.

WHAT OUR GRADUATES HAVE TO SAY:

"I recently graduated and I am happily on the road to becoming a successful paralegal thanks to the program I just attended at Herzing College."
"Because of my education at Herzing College, I was able to apply these skills and easily make the transition from student to employee."
"I enjoyed my time at Herzing College very much, and I am very thankful to the entire faculty who believed in me, and still continue to show me their support!"

To create your career call:
1-888-NEW-CAREER (1-888-639-2273)

Be **Job Ready in months,** not years!
Earn your professional **Diploma!**
Evergreen College
EI, SA & ODSP recipients are welcome
Morning, evening & weekend classes
Pharmacy Technician
Medical Office Admin
Community Service Worker
Early Childcare Assistant
Personal Support Worker
Computerized Accounting & Payroll
Field Placement & Job Assistance included
www.evergreencollege.ca
Ask us about **Bonus Certifications**
Call Now **416 365 0505**
67 Yonge Street 4th Floor (King & Yonge)

GEORGE BROWN COLLEGE

- CONTINUOUS LEARNING
- INTERNATIONAL & IMMIGRANT EDUCATION
- PREPARATORY & LIBERAL STUDIES
- ARTS & DESIGN
- COMMUNITY SERVICES & EARLY CHILDHOOD
- HEALTH SCIENCES
- HOSPITALITY & CULINARY ARTS
- CONSTRUCTION & ENGINEERING TECHNOLOGIES
- BUSINESS

George BROWN gets you the job.

9 out of 10 grads are hired within 6 months

georgebrown.ca

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

Make a difference as a career

Student counsellor tells Metro of the ups and downs and opportunities of helping out

Industry411
education@metronews.ca

Name: Steven Ruhinda
Years of experience: 15
Occupation: Student counsellor at Centennial College

Q How did you get started in your industry?

A A passion for making a difference in the lives of others is what got me started. My personal life experiences involved challenges and adversities that made me want to help others.

Q Describe the ideal qualities a person should have to succeed in your industry?

A Empathy, self-awareness, commitment to professional growth and development, flexibility and the need to recognize diversity.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A Experience in helping, organizing, relationship building and advocacy offer good preparation. Post-secondary training is critical and so is supervision, especially for someone starting out. Community colleges offer two-year diploma programs with a placement component. This is beneficial for someone with no work experience. A degree in social work or psychology increases your employment prospects. In certain occupations, a master's degree is required.

Q What do you like most about your job?

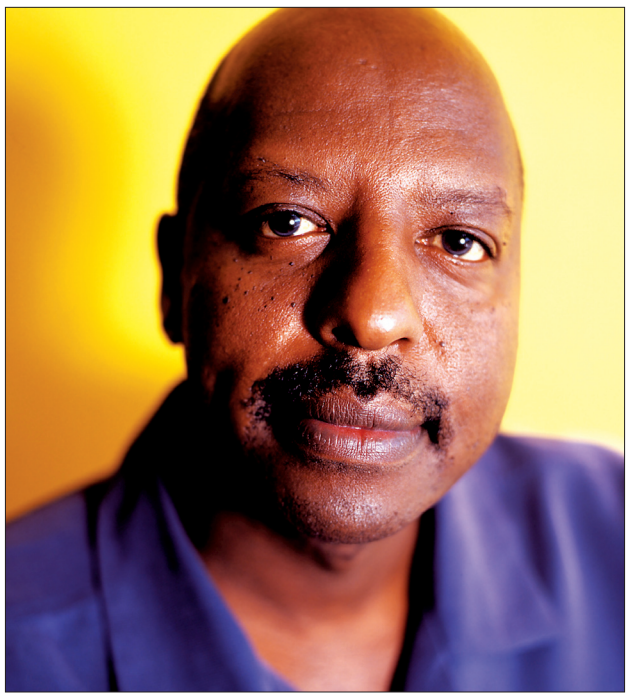


PHOTO SUBMITTED

Steven Ruhinda

A Counselling guides you to develop innovative insights as you explore and seek to understand several meanings of client's difficulties. Helping people to remove barriers and obstacles that inhibit growth is very gratifying. Watching clients change or reach their desired goals is fascinating.

Q What are the most challenging aspects of your industry?

A The ability to provide resources to clients, especially when they are in dire need. It's disheartening to tell someone to wait (perhaps for a long time) when they need immediate help. Dealing with unanticipated crises is equally challenging.

Q For newcomers to the industry, what tips would you offer them on getting started in their career?

A Do your research: Find out what area interests you most, offer to volunteer for a cause or an agency you are really interested in. Talk to professionals in the field. Post-secondary institutions offer specialized programs in helping professions. They also offer career, academic and life-planning services.

Q What kind of local associations/organizations/volunteer activities would you recommend for people just starting out?

A That depends on their interest. There are myriad associations listed in the Directory of Community Services. The key is picking those organizations that will meet your learning or growth needs. Do your research: Read about social issues in popular media and in professional journals. Do not be afraid to ask for help. Always be open to broad and diverse experiences.

Rotman School of Management
UNIVERSITY OF TORONTO

Rotman

ROTMAN MORNING AND EVENING MBA PROGRAMS
Designed to fit **your** busy schedule.

Rise and Shine!

Complete a Rotman MBA in three years with classes held before the workday begins, and take your career to the next level.

- Program starts in August
- Courses are offered two mornings per week from 7:00 – 8:59 am; by 9:00 am you'll be on your way to work.
- Your evenings and weekends are free for your other commitments.
- Work as you learn, learn as you work. You will remain fully employed while you complete your MBA in three years.
- At Rotman, you'll receive a world-class education: our MBA is ranked by the *Financial Times* as one of North America's top 20, and *BusinessWeek* ranks us in the top ten outside the U.S.

The night is young!

With classes offered in the early evening while students continue to work full-time, the Evening MBA program's delivery and structure is designed with working professionals in mind.

- Program starts in September
- Courses are offered two evenings per week from 6:30 – 9:30 pm; and on occasional weekends, so you can pursue your business studies without interrupting your career.
- Innovative curriculum
- Team based, cohort program
- Small classes

Contact Lynda Paterson at 416.946.3343 or email lpaterson@rotman.utoronto.ca. For more information about these and other Rotman programs, visit

rotman.utoronto.ca

www.wlu.ca/mba

UPCOMING INFORMATION SESSIONS

Wednesday, Nov. 12, 2008 | 12 noon & 5:30 p.m.

Laurier Toronto MBA Campus
St. Andrew's Club & Conference Centre
Sun Life Financial Tower | 150 King St. W., 27th floor

Saturday, Nov. 15 | 11 a.m.

Delta Meadowvale
6750 Mississauga Road | Britannia Room | Mississauga

LAURIER
Business & Economics

For more information, contact:
mferraro@wlu.ca | 519.884.0710 ext. 6220

The Best Business Schools in the World

CMA Certified Management Accountants

SBEC-04-0519-08-183-METRO

HUMBER
The Business School

e-Business Marketing
Fashion Management
Human Resources
International Business
Tourism Management

4-year business degrees that give you two unique advantages

Two years to choose
All degrees start with the essential two-year business platform.

Two years to specialize
Then you choose the specialization that will launch your career into the profitable world of business.

Apply now!

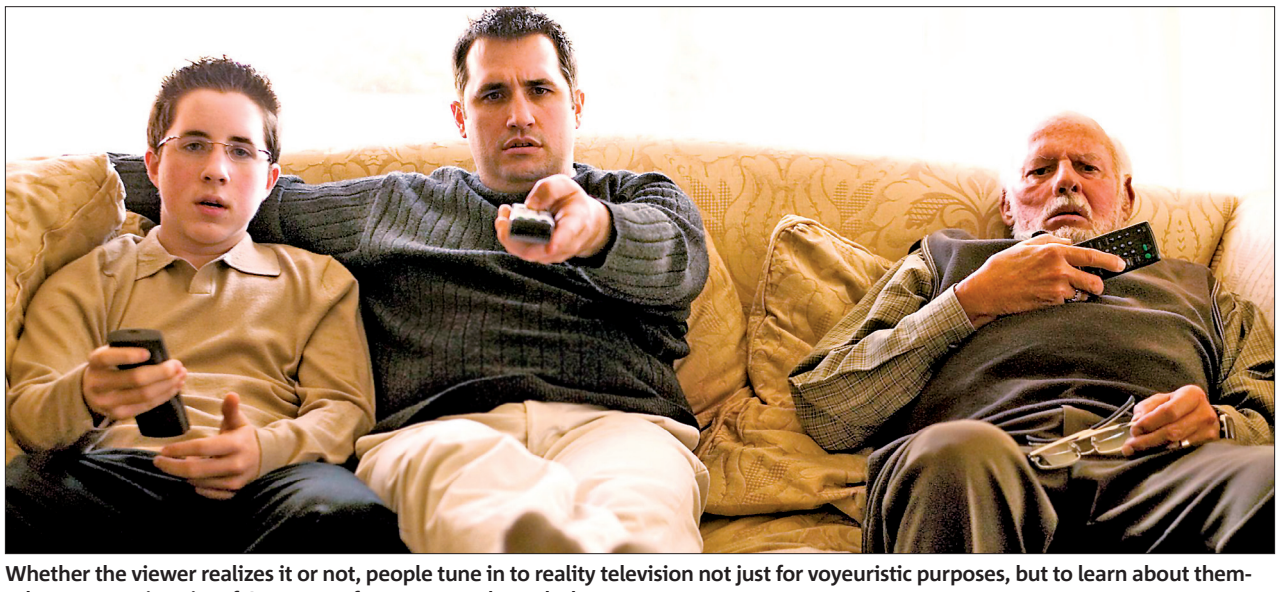
business.humber.ca

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

What reality TV says about us

University of Ottawa professor examines what he calls 'rubbish programming'

BRIAN TOWIE
brian.towie@metronews.ca



Whether the viewer realizes it or not, people tune in to reality television not just for voyeuristic purposes, but to learn about themselves, says University of Ottawa professor Fernando Andacht.

You can learn a lot from reality television, not just the fact that we love to watch lousy shows.

Just ask Fernando Andacht, a professor in the University of Ottawa's communication department. The expert in semiotic theory applied to media analysis is planning to do a socio-semiotic study of reality television shows to get a better idea of human behaviour in North America and how people react to given situations.

Andacht agrees contestants or "characters" for such shows are screened for certain traits like sex appeal and confrontational natures. But while such situations are contrived in the interests of making more sensational television, the participants' initial reactions to these situations are not: A facial tick, a subtle gesture, or an ever-so-slight rise in the voice are all open windows into how different personalities deal with different situations.

"To assume these people are normal is a mistake. It's not the average person who gives up their privacy in this way," says Andacht. "But on these shows, there is no time or space for rehearsal. There is no backstage. In spite of the best intentions to contrive, the body will speak. You cannot fake blushing, for example. You cannot get rid of body language. It makes the mask very close to the reality."

It's not a new subject for Andacht: In 2003, the professor published an analysis on human behaviour based on the Brazilian, Argentine and Spanish versions of the reality franchise Big Brother. The cultural difference was significant, he said. While the Brazilian participants had more of a propensity to air their grievances on the spot, Spanish and Argentine contestants kept their complaints to the show's confessionals.

But the viewer interest across cultures remained the same, the reason for which Andacht calls the Index Appeal. Whether they realize it or not, viewers tune in not just for voyeuristic purposes, but to learn about themselves.

"Is it rubbish programming? Of course," he said. "But people observe it with great attention. They don't do it because they're stupid, but because they want to learn about themselves. As a viewer, you're part of it, too. It comes very natural to people to ask, 'What would I do in this case?' They see that the concerns are real and they ask questions about themselves."

"Is it rubbish programming? Of course."
Fernando Andacht

Youth Apprenticeship
STANDARDS COUNCIL
10 Kodiak Cres., Unit #100, Toronto, M3J 3G5
416-636-8218
www.youthac.ca

No Experience! No Problem!

Member Employers will subsidize your training! Training Qualifies For Second Career Funding.

Open House: Wednesday, November 12, 2008 6-9pm
Call To Reserve A Seat
Immediate Positions Available!
(mid to large size companies)

INDUSTRY PARTNERS
Bell Technical Solutions

Entry Level Apprenticeship Jobs Available In:
- Construction & Maintenance Electrician
- HVAC Technician/G3/ODP
- Network Cabling Specialist
- Gas Technician 3 (G3)
- Gas Technician 2 (G2)
- Gas Pipe Fitter (GP)
- Domestic Appliance Technician (DA)
- Plumbing
- Electrical & Mechanical Estimator

If you are licensed in a skilled trade locally or from abroad, we can assist you in obtaining Canadian certification and provide you not only with a job, but a great career.

Wages start at $64,000 plus benefits after certification

Tel: 416-636-8218
Location: 10 Kodiak Crescent, Unit 100, Toronto, ON M3J 3G5

www.youthac.ca

SENECA CHANGES YOU.
Seneca

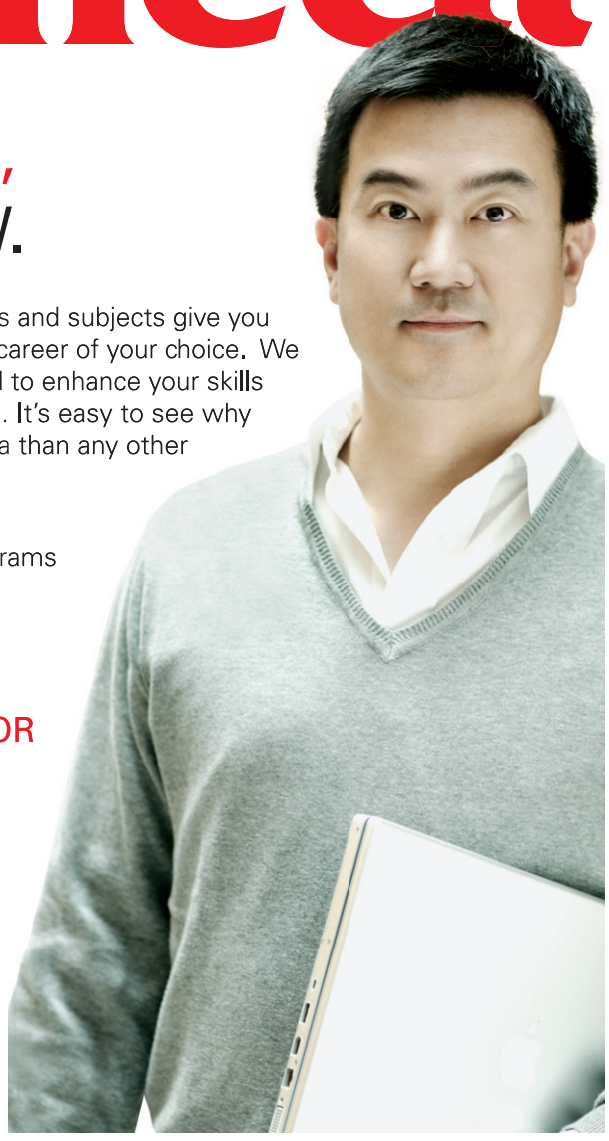
GET AHEAD,
START NOW.

Seneca's part-time programs and subjects give you the edge to succeed in the career of your choice. We provide the training required to enhance your skills and maximize your potential. It's easy to see why more people choose Seneca than any other college in Canada.

- Career-Related Subjects
- Industry-Recognized Programs
- Award Winning Faculty
- Flexible Learning Modes
- Convenient Locations

REGISTER TODAY FOR WINTER PART-TIME SUBJECTS.

View the calendar and register online at senecac.on.ca/parttime or call 416-493-4144, ext. 2522 to request your free Part-Time Studies Calendar.



Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

Lifelong student a Leader in Learning

NOELLE MUNARETTO
for Metro Canada

Feelings of envy overwhelmed Natasha Wilson when she found out a woman in her taekwondo class was an interior designer.

And that's when she knew what she had to do. Just days earlier, a friend had loaned her a copy of What Color Is Your Parachute?, a bestselling guide to job hunting and career-changing. The book suggested Wilson list the names of people who had jobs she wanted.

"I remember the day (that woman) told me she was an interior designer I was so jealous," said Wilson. "I really thought long and hard about it … but that was the only name I could write down."

Today, Wilson works at Holt Renfrew as a project co-ordinator in the store planning department, where she helps oversee design projects for the company's retail stores and office buildings. She credits her success not only to the book, but also the continuing education courses in interior design she is currently taking at Ryerson University.

In October, Wilson was named the recipient of the prestigious Leader in Learning Award from Ryerson's G. Raymond Chang School of Continuing Education.

But achieving interior design success was definitely not an overnight process for Wilson.

After graduating from McGill University with a bachelor's degree in kinesiology, Wilson decided she was no long interested in muscles and bones. This was a familiar scenario. She had previously studied science and physical education as she searched for what she wanted in life.

Wilson moved to Toronto, and later obtained a Ryerson continuing education certificate in human resources. When no jobs were available in that field, she spent the next six years in a department store office, typing out purchase orders.

"It was a long time and I wasn't really happy. Throughout that time I was trying to figure out what it was that I wanted," says Wilson.

JIM STACEY PHOTO

Natasha Wilson, Chang School student and recipient of the 2008 Leader in Learning Award, and Alan Shepard, provost and vice-president academic, Ryerson University.

Thanks to that taekwondo moment, Wilson returned to Ryerson. She is now only two courses away from completing her 10-course Fundamentals of Interior Design certificate.

Julia E. Hanigsberg, interim dean for The Chang School, says that no matter where you are in life, continuing education is a critical component of being personally and professionally successful.

"For some people it's career advancement … For others it's about staying current, and in other cases people want to become increasingly employable and marketable," says Hanigsberg. "They're looking to learn and grow and thrive throughout their lives and careers."

Though Hanigsberg says embracing continuing education is "the nature of the work world now," Wilson says that balancing school and a career can be tough.

Each week, like 84 per cent of The Chang School's student body, Wilson works a 40-hour week as a full-time employee. On top of that, she fits in nine hours of class at Ryerson and four hours teaching body sculpting classes at local gyms.

"Sometimes I do think I'm crazy," says Wilson.

Despite a manic schedule peppered with homework, meetings and abdominal crunches, Wilson says she will never shake her passion for lifelong learning.

Having spent a decade switching careers, Wilson says she's finally found her way. She also says one of her friends insisted all this was meant to be.

"We went to Ikea once, a long time ago, and he told me about the look on my face," says Wilson. "He said my face just lit up looking at everything."

GEORGE BROWN COLLEGE

George Brown College launches two new programs for Internationally Trained Individuals

Pre-Health Science Program for Internationally Trained Professionals

Pre-Health Science for Internationally Trained Professionals is a 2-semester certficate program for individuals with experience and training in a health care profession outside of Canada who wish to apply their skills and knowledge to the Ontario workplace.

- **Occupation-specific language training for health-care communications**
- **Refresher courses in health sciences**
- **Job placements for students to make professional connections and gain valuable experience in the Canadian workplace**
- **One-on-one career advising and support**

Program start dates: January and May 2009
FREE Intensive ESL pre-program will be provided for students who require upgrading!
APPLY TODAY! Space is Limited!

For more information or to register for an Information Session please call **416-415-5000**, ext. **3440** or email **www.georgebrown.ca/prehealthiti**

Research Commercialization and Innovation

Learn how to navigate the Canadian idea-to-market cycle while developing entrepreneurial skills.

This new 12-month (3 semester) postgraduate program provides:

- **Occupation-specific language training**
- **Classroom learning at the GBC Research Labs**
- **Field experience working in teams with faculty and industry partners to solve real industry problems**
- **Hands-on Canadian experience**
- **Mentoring and career support**

Program start date: May, 2009
Note: ESL Cohort to begin March 2009 if required

For more information or to register for an Information Session please call **416-415-5000**, ext. **6714** or email **www.georgebrown.ca/rci**

George Brown College www.georgebrown.ca
Contact Centre: 416-415-2000 **Toll-free:** 1-800-265-2002

Funded by the Government of Ontario and the Department of Citizenship and Immigration Canada
Citizenship and Immigration Canada | Citoyenneté et Immigration Canada

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

Two jobs, two kids, one man

Humber honour roll student garners inspiration he needs from his son and daughter

RAFAEL BRUSILOW
for Metro Canada

PHOTO SUBMITTED

Raymond Costain, 25, successfully juggles two jobs, a full course load at Humber and the constant duty of taking care of his two young kids on his own.

Raymond Costain is an honour roll student and a talented chef, but the most important role he plays is that of father.

Costain, 25, successfully juggles two jobs, a full course load and the constant duty of taking care of his two young kids on his own to be one of the top students at Toronto's Humber College Institute of Technology & Advanced Learning.

Going back to school was a big step for the former production line worker, however.

"I was working in factories for a while and wasn't doing a lot with my life. I felt for a while I couldn't go back to school. Now it's a foundation for my future. I feel I'm really accomplishing something with my life," Costain said.

At Humber, Costain attends the culinary management program, where his dedication and hard work have paid off with his grades garnering him a spot on the honour roll as well as two academic awards for excellence in culinary arts and baking.

While he feels honoured to be recognized formally with the awards, he insists the most important accolades are bestowed on him only by his six-year-old son and eight-year-old daughter.

"When I got the awards my daughter was crying because of what I've accomplished. It was the first time she'd seen me accomplish anything," Costain said.

Costain frequently works 15-hour days between attending school full time and holding down two jobs, one at a restaurant and the other in one of Humber's kitchens. He says the hardest part is having to be away from the kids for long periods of time.

"Even if you feel you can't do something, at least try it. Don't be afraid ... You'll feel better about yourself." Raymond Costain

"It's tough but I manage the best I can. I'm in the kitchen a lot so I don't have as much time to spend with (my kids) and that weighs on me. But it makes me feel good when they say, 'Daddy's going to be a chef.' I think they're proud of me," Costain said.

His kids are his primary source of motivation and working to support them has brought out his passion for cooking, as well as an understanding that fear should be no barrier to success.

"Even if you feel you can't do something, at least try it. Don't be afraid, just take that leap. You'll feel better about yourself," Costain said.

Your life. Your career. Your schedule.

Doors just don't open themselves. U21Global is your key to unlocking your true career potential. Take your career to new heights with our online **MBA** programme. U21Global is internationally accredited and backed by 17 world-class universities. So you are assured of excellent support in achieving your future goals, whilst enjoying the present.

U21Global
Graduate School For Global Leaders
www.u21global.ca

Biz skills tested in student challenge

TAGHREED SAADEH
for Metro Canada

COMPETITION Niagara College will host 400 students and faculty from Ontario colleges Thursday and Friday, for the 29th Ontario Colleges Marketing Competition.

Justin Larsen, a participant from Niagara College, will attend for the second time this year. "My initial attraction to this competition was the opportunity to build my resumé," he said.

"This desire was also fuelled by the opportunity to put my skills up against the best in Ontario," he added.

"Competing against 400 of the top marketing students in Ontario was quite an honour and bringing home a gold medal was the icing on the cake," Larsen said.

"I now have the ability to go (job) hunting with confidence (and know) I have what it takes. This can go a long way in interview scenarios … My hope this year is to build on what I had done last year."

Savvy students

- The Ontario Colleges Marketing Competition event is held annually to challenge marketing students from across Ontario to show their analytical and professional presentation abilities.

The competition bars students from competing in the same discipline two years in a row, so Larsen is learning to diversify and apply his skills in a new competitive field.

"This will give me a chance to adapt the skills I developed last year to the scenarios I will face this year," Larsen said.

Last year, he placed first in the direct marketing scenario, and this year he will compete in entrepreneurship, sales management, and integrated marketing communications as well as sales presentation.

"I take the role of a Yahoo account executive in an attempt to sell a large advertising program to Canadian Tire," he said. "This makes for a heavy workload, but also greatly increases my chance for medals.

"Our hope at Niagara this year as the host school (is) to be able to build on the event from last year, creating a truly memorable experience for all those involved," Larsen said.

"The Niagara College School of Business is committed to providing our future business leaders with this kind of real world experience when they are participating in business scenarios, benefiting from the judging, and coaching of business professionals," said Beth Pett, co-ordinator, B.A. marketing from Niagara College.

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

Simple and good advice to live your life by

GetSmart

Tracy Rogers
tracy.rogers@senecac.on.ca

"Your reputation is greatly influenced by how people perceive you and your interactions with them."

I will never forget hearing my professor say, "I'm going to tell you one simple phrase and if you learn nothing else in this class, remember this: Say what you mean, mean what you say, and do what you say you are going to do. That is the secret to success."

Throughout the years, I have taken that phrase and used it as a guiding principle for my life. I keep it in the back of my mind during every conversation, e-mail, and phone call. I'm convinced that adhering to this golden rule can have a positive impact on relationships, so I have adopted it both professionally and personally.

Your reputation is greatly influenced by how people perceive you and your interactions with them. By following this simple saying you can help build a positive and professional reputation. To be well-respected, others must trust your word, see your sincerity and respect your work ethic.

Based on this phrase, here are some things to remember when interacting with others:

HONESTY:

"SAY WHAT YOU MEAN"

Be honest with your words, don't engage in gossip or lie about people, events, skills or situations. You don't want to be caught misrepresenting facts.

INTEGRITY:

"MEAN WHAT YOU SAY"

If you want people to value what you say, you must speak with sincerity all the time — phrases such as "it's good to see you" mean nothing if they are said in a cold, careless tone. Also, remember that sarcasm may not always be well received.

FOLLOW THROUGH:

"DO WHAT YOU SAY YOU ARE GOING TO DO"

A positive reputation includes having people believe that you are dependable and reliable. Don't agree to take on projects or tasks if you know you cannot follow through on those commitments. If you cannot meet deadlines, people will begin to doubt your abilities.

When interacting with others, whether it is your teachers, fellow students, co-workers, friends or even strangers, following this simple phrase will help you build a positive reputation and quality relationships with others.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

Want to go to university but haven't finished high school or community college?

"What a difference your program made to my life. I cannot tell you how much more confidence I now have."
Paula

The Millie Rotman Shime Academic Bridging Program for mature students can help you achieve your academic and career goals!

- Successful completion of the course qualifies mature students for admission to degree studies at the University of Toronto
- Earn one credit towards your degree
- Day or evening classes
- Financial assistance available for applicants with need

ENROLL NOW
Spaces available for January 2009

416 978-7487
www.wdw.utoronto.ca/bridging

WOODSWORTH COLLEGE UNIVERSITY of TORONTO
you belong here

HUMBER
School of Media Studies & Information Technology

Open House

SCHOOL OF MEDIA STUDIES & INFORMATION TECHNOLOGY

Saturday November 15
10am - 2pm

Go to the Open House campus location based on your program of interest. Mention this ad when you attend the Open House and receive a gift.

More details at **humber.ca/experiencehumber** or call **416-675-5000**.

North Campus Programs
205 Humber College Blvd

- 3D Animation
- 3D for Production Computer Animation
- 3D for Production Game Art and Design
- Bachelor of Applied Arts Film and Media Production
- Broadcast Television/ Videography
- Broadcasting – Radio
- Computer Programmer
- Creative Photography
- Enterprise Software Development
- Film and Television Production
- Game Programming
- Journalism
- Media Communications
- Media Foundation
- Multimedia Design and Production Technician
- Post Production
- Visual and Digital Arts
- Web Development

Lakeshore Campus Programs
3199 Lake Shore Blvd. West

- Advertising and Graphic Design
- Advertising Copywriting
- Advertising Media Sales
- Creative Advertising Bachelor of Applied Arts
- Fundraising and Volunteer Management
- Graphic Design
- Package and Graphic Design
- Public Relations
- Television Writing and Producing

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

Grad recruitment to dip

EVA LAM
for Metro Canada

Post-secondary students will have to get more creative in their quest to secure a job after graduation.

That's the message from educators and employers after a recent survey showed graduate recruitment for 2009 is projected to decline considerably over 2008.

"Employers will be a bit more conservative in the coming year, definitely," says Katie Fines, campus recruitment manager for mining company Vale Inco, which was one of 214 employers who took part in the national salary survey for the Canadian Association of Career Educators and Employers (CACEE).

"Considering the current economic state, (they) will be taking a second look sometime at their recruitment levels, whether it is at the student level or the experienced higher level."

Alberta and Ontario will be the hardest hit. While the two provinces accounted for nearly 80 per cent of all campus hires in 2008, their combined expected job offers for 2009 drops to 64 per cent.

Employers that were looking to recruit recent graduates last year aren't as likely to in 2009.

Ann Markey, executive director at CACEE, cautions that the survey was conducted between June and August and may not measure the full brunt of more recent market turmoil.

"A lot of people, for example, might be interested in studying for an MBA to work in investment banking. But investment banking or capital markets — not exactly great targets right now, with the changes that are taking place in the financial services," she says.

New graduates, she says, will "have to have more flexibility into the types of jobs they're looking for, and the location of where the job is going to be."

For the time being, schools are reporting that the number of job postings they have received is on par with last year.

But Kerry Mahoney, director of career services at the University of Waterloo, say she has heard a couple employers say there will be fewer available positions at their companies.

Students must be prepared to develop jobs on their own, by networking and applying directly to companies even when there isn't an advertisement, she says.

"One thing they'll really have to get good at is being able to articulate very clearly what advantage they bring to the employment situation, so what are their skills, interests, knowledge, values and personality," she says. "We always promote students doing that kind of thinking and research, but they're going to have to get even better at that because it's going to be so much more competitive."

"Considering the current economic state, (employers) will be taking a second look sometime at their recruitment levels."
Katie Fines

It's not all bad news for students. Although employers may be planning to reduce the numbers of new graduates they hire, the CACEE survey also showed they are planning to increase the number of co-op and internship students.

Fines says Vale Inco currently has 150 students in their engineer-in-training and geologist-in-training programs, which she calls "a strategic part of (their) recruiting efforts."

"Students are selected and assessed based on their leadership potential," she says. "We look at it as a great way to try to funnel those students into full-time work eventually, upon graduation."

Fitting in at the office can be tough

JIM REYNO
jim.reyno@metronews.ca

You've just done an exceptional job on a project for your employer. As a reward, your boss gives you a silver pin for your lapel.

You like? Chances are you do, if you're a baby boomer or beyond. But if you're younger, you might be thinking … wha?

Dealing with different generations and their expectations is a challenge in the modern workforce. Xerox is all over intergenerational relations in the office: The company has various programs to help young employees fit in and help them move up the corporate ladder.

There's also training for managers, who could be leading a team with a 24-year-old fresh university grad, a 40-year-old mother of two, and a 64-year-old granddad thinking about next year's tee times.

Susan Rogers, Xerox's manager of diversity and inclusion, holds workshops to help company bosses deal with diverse demographics.

"I help them understand typical values of the generations, typical characteristics and work styles, what works better for certain generations in terms of reward and recognition," Rogers says. "What the different generations value is not the same."

So while the 64-year-old near retiree might appreciate a pin, the fresh university grad would rather get a gift certificate.

Which isn't to say different generations in the workplace don't have common ground. At Xerox, they make sure they find it: There are several mentorship programs that put young employees under the tutelage of the veterans in the office.

Rogers calls it a "win-win" scenario.

"The experienced workers … have the ability to help that individual understand 'how things work around here,'" she says.

"From the other perspective, the mentor … gets a lot of benefits from a new employee coming in because they may have fresh ideas or perspective, never having done certain things before. They may challenge how we do things, which may open our eyes."

Toronto & Montréal Campuses
MAKE SOME NOISE
CAREER PROGRAMS IN:
Sound Engineering
Digital Media
Game Design
ENROLLING NOW
Limited Seats Available
Financial Aid available to those who qualify
Call 416.977.5074 or 1.888.662.2664
www.recordingarts.com/metro
Downtown Location
111 Peter Street, Suite 708
Toronto, Ontario M5V 2H1
RAC Recording Arts Canada
Digital Arts College

Get inspired.
See the back of this Metro to read about one professional's path to a successful new career.

Teach English in Canada or Overseas
ih International House
Looking for a teacher training program that will allow you to teach overseas and in Canada?
• TESL Canada Certified Diploma Program
• Certification accepted by all Canadian accreditation bodies
• Part-Time CELTA offered in the fall of 2008
• 4 to 10 week intensive morning or evening schedules
• On-site practicum arranged and included
• Help with job placement in Canada & Abroad
• Access to the IH teacher resource centre
• 150 IH schools in 50 countries
Accredited by: TESL CANADA, UNIVERSITY OF CAMBRIDGE, AILIA.ca
469 Jarvis Street
At Jarvis and Wellesley
Drop in Monday through Friday during regular business hours
55 YEARS
Tel: 416-322-3405
Toll Free: 1-866-481-5622
Email: tesl@ihToronto.com
Web: www.TESLCanada.com

Dental Hygiene
Start your Career in Dental Hygiene
Programs available:
- Paralegal
- Dental Assistant Level I
- Dental Assistant Level II
- Community & Social Services
- Network Administration & Security (Cisco & Microsoft Cert.)
For details, visit www.yorkvillecollege.com
YORKVILLE College of Professional Studies
Call Today
647-288-8129
Financial Assistance Available for qualified applicants

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

Speaking sitcom language at U of T

The class has a young judge from Japan, an exchange student from Spain and assorted other students from around the world who know English well enough to be studying at the University of Toronto.

On this fall afternoon, they are joined on an unlikely intellectual quest — to figure out what Joey on Friends could possibly mean when he hopes his drunken girlfriend won't "hurl."

"Does hurl mean throw, like hurling the suitcase into the car?" offers Nelson Iheonunekwu of Nigeria, 19, who is taking a bachelor's degree in life sciences.

Not in this case, explains teacher Jelena Damjanovic to the 10 young scholars who have taken a break from lofty studies of the justice system, economics and political science for her voluntary crash course in the slang of TV sitcoms.

"Could it mean 'puke?'" offers Mei, a graduate student from China, who is doing her master's in higher learning at the Ontario Institute for Studies in Education.

Yes, says Damjanovic — yet some still don't get it.

"The formal term is vomit," she explains, and the whole room nods, then laughs.

"You can have academic English down pat, but that doesn't help when a classmate says, 'Catch you later' or 'Get out of here!'" Jelena Damjanovic

In this free 10-week "Sitcom English" course at the U of T's International Student Centre, students watch Friends, then Seinfeld and finally The Simpsons to learn idioms they won't get in formal English classes.

With a growing number of international students coming to Canadian universities, the U of T has designed breezy new conversational courses that demystify the casual English they encounter as they hike, blog, skate, explore neighbourhoods, tour the nightlife — or watch sitcoms.

"I can't understand what people are saying when they walk by me on the street," said Mei. "Learning the sitcoms means having an instructor who helps you with this kind of real-life English."

From the mouths of Phoebe and Kramer and Homer, the students can decode such everyday terms as gross, crappy, weird; they learn what it means to dump someone, stuff your face or hang in, and the import of loaded words like seduce, neurotic, loser and "You wish!"

"Does it mean you know it already if you say, 'You're telling me!'" asks Dita Trckova, 25, an exchange student from the Czech Republic attending her first sitcom class.

Yes, says the teacher — but to make it work, put the emphasis on "me."

"You can have academic English down pat, but that doesn't help when a classmate says, 'Catch you later' or 'Get out of here!'" says Damjanovic, who dreamed up the notion of teaching conversational English through shared viewings of popular shows, with a cram session first on the phrases the class is about to hear.

When Damjanovic moved to North America as a high school student, she spoke English yet had no clue what kids meant when they talked about getting "wasted" on the weekend.

"I thought, 'Wasted what? Wasted time? Money?' But these little phrases mean a lot when you're trying to communicate on a day-to-day basis, and sitcoms are surprisingly rich."

TORSTAR NEW SERVICE

Seinfeld, too

- Here are some colloquialisms used by Seinfeld characters that got the attention of U of T students in Sitcom English class:
- Loser
- To flip a coin
- Deadbeat
- To pick up the cheque
- To run a red light
- Lunch is on me
- You wish!
- Heterosexual
- Best man
- Classifieds
- Ironic
- To never look back
- Where are you off to?
- You're telling me!
- What's another million, give or take?

TORSTAR NEWS SERVICE

Earn your
Professional Gemmology Diploma
in just 4 months!
Comprehensive programme includes theory and practical work with gemstones and instruments in our fully equipped lab.
CGA
Canadian Gemmological Association
1767 Avenue Road, Toronto, Ontario M5M 3Y8 CANADA
Tel: 416-785-0962 Toll Free: 877-244-3090
www.canadiangemmological.com
53467

International Academy of Design & Technology
www.iadt.ca
Attend our
OPEN HOUSE
on Nov 19th, 6:30-8:30 and learn more about exciting programs in:
Fashion Design
Fashion Marketing and Merchandising
Interior Design
Video Game Design & Development
Graphic Design for Print and Web
Call Today 647-288-8496
or visit www.aodt.ca or email us at admissions@iaod.com
International Academy of Design & Technology is now a Division of RCC Institute of Technology

ILAC International Language Academy of Canada
LEARN ENGLISH AT NIGHT SCHOOL
Part-time or Full-time Classes Available
English, TOEFL Business English
$275/4 weeks
For information call:
416-935-0011
nightschool@ilac.com
771 Yonge St.
(Yonge and Bloor)

COAST TO COAST
Pick-up your Metro daily!
metro
Do it daily.

Calling All Project Managers ...
The Professional Development Centre at the University of Toronto has three special Project Management offerings you won't want to be without.
The Professional Development Centre is committed to providing quality continuing education to industry and business professionals. Visit us online for more information or to register.
Professional Development Centre
416.978.3481 | pdc@ecf.utoronto.ca
www.pdc.utoronto.ca
UNIVERSITY OF TORONTO FACULTY OF APPLIED SCIENCE & ENGINEERING

Agile Project Management NEW
November 19, 2008
For non-traditional projects that are complex, fast-paced, demanding and ever-changing, today's Project Manager needs a new set of tools and techniques to effectively and strategically achieve their goals. Learn to be quick on your feet in this new 3-day program.
Virtual Teams NEW
December 3, 2008
In a world of shrinking boundaries and enhanced technology, the composition of teams and the way they function is more diverse than ever before. One of the first of its kind in Toronto, this new 1-day workshop is a must for anyone wanting to maximize their team's effectiveness—no matter where in the world your team members might be.
Project Management Essentials for Construction NEW
December 10, 2008
Gold Seal accredited by the Canadian Construction Association, this three-day course is designed to give new project managers and project team members working in a construction environment the essential tools they need to deliver successful projects.

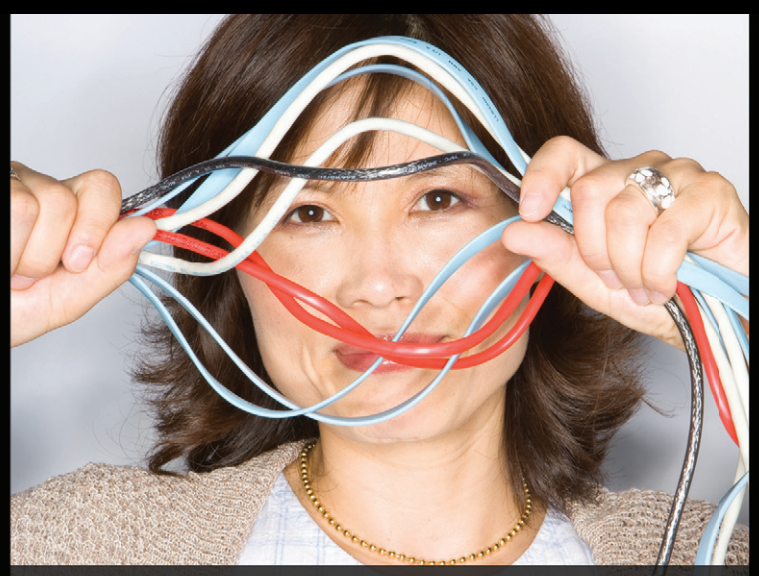
Become a Creative Accountant.™
CMA Information Sessions are on now.
For information or registration visit
becomeacma.com or call 1.800.387.2991 ext113.
CMA Certified Management Accountants

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 2.

PLAY FREE GAMES online at metronews.ca and in Metro's Take Five. *Do it daily.*

SHERIDAN GRADS GET **GREAT** JOBS!

Sheridan graduates have a **90.3%** employment rate!*


Applied Computing & Engineering Sciences

Community & Liberal Studies

Animation, Arts & Design

Business

OPEN HOUSE
NOVEMBER 22
11 a.m - 3 p.m.

In a variety of career fields, Sheridan programs are developed through strong alliances with business, industry and community partners to ensure relevance and innovation.

Sheridan programs include bachelor's degrees, diplomas, apprenticeships and graduate certificates.

January 2009 openings available now in the following programs – apply now!

- **Investigation - Public and Private**
- **Paralegal/Court and Tribunal Agent**
- **Pharmacy Technician Coop**
- **Social Service Worker**

I CHOOSE

Sheridan

www.sheridaninstitute.ca

*Six months after graduation, based on 2008 Key Performance Indicator survey.

Western video tackles diversity

Residence don Paula Greenwood at the University of Western Ontario says a growing number of female students quietly tell her they have been victims of date rape.

Student Josh Vander Vies says one Western lecture hall has so little space for his wheelchair, he has to "do a little somersault" in front of his peers each class just to get into his seat.

International student Agnes Cheung weeps as she remembers the Western professor who accused her of plagiarism because her essay seemed too well written for "the way you talk."

First-hand tales of students and professors feeling insulted or ignored form the heart of a powerful new documentary released by Western yesterday about how the ivy-draped campus must do more to make all students feel welcome. It is an unusually bold admission of the challenges posed by diversity by one of this country's leading academic institutions.

"These voices tell us we have a diverse community in which not everyone feels they are participating — and we have work to do to make sure no one feels left out," said president Paul Davenport, who insists Western's elite white "country club" image is out of date, given the growing diversity of students over the past 20 years, including students from 40 countries.

"We're doing our best to take steps to make sure everyone feels they belong," he said, citing a new safety policy adopted this spring, but said there needs to be more government funding for staff who can help students with such sensitive issues.

The 55-minute film Voices of Diversity was commissioned by the university's women's caucus after an April Fool's Day article in 2007 in the student newspaper ridiculed a campus feminist by portraying her vagina giggling as London's police chief takes her into a dark alley to "teach her a lesson" with his nightstick.

"That issue really galvanized the community about the need for change on campus, largely because our social norms are so highly sexualized," said Professor Bonnie MacLachlan of the women's caucus.

TORSTAR NEWS SERVICE

B.C. professors dispute World Trade University
The Confederation of University Faculty Associations of B.C. is urging the provincial government to rescind special legislation passed three years ago to give World Trade University degree-granting status. METRO NEWS SERVICES

Workology

Veggie friendly

Sixteen Canadian universities have been nominated in peta2's annual Most Vegetarian-Friendly Colleges competition. The schools will compete in four rounds of voting before reaching the finals. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Here thar be monsters

Unique creatures nestled in King West

ROBYN YOUNG
for Metro Canada

Who wouldn't want a plush, green monster named Colin who divides his time between playing video games and fretting over the future?

That's what friends Adam Dunn, 31, Bliss Man, 28, and Rhya Tamasauskas, 30, were betting on when they started up their company the Monster Factory five years ago.

They began with a love of monsters, a vision, and six squishy little prototypes.

Now, 85 monsters later, they're in the midst of developing a business plan to outsource manufacturing to China, where a friend will oversee production, in order to increase sales and start making a profit.

It all began with Dunn who was attending the Ontario College of Art and Design film school and formed a production company that he called Monster Factory. Just for fun, he decided to try making some plush monster mascots and called on his friend Man, a Ryerson fashion school student, to help with design.

Tamasauskas, a fellow art student and friend of Dunn's, had an interest in monsters and soft sculpture and joined the pair.

Their first ever "family" of critters was born in 2003 and dozens of them sold at Toronto's One of a Kind Craft Show that year.

"We were cleaned out and we didn't sleep for 11 days," said Man. "That's when we knew we had something really special."

Each year the "partners" — which is how they like to refer to themselves — have dreamt up 16 new monsters to add to their collection.

They sell their quirky creations directly from their King Street West studio, online at monsterfactory.net and at toy exhibitions around the world.

The most challenging part of the job, they all agreed, is coming up with new characters every year but they have a process.

Someone comes up with an idea, all three develop the design of their new friend, and when the prototype is complete, they decide on a name and give the monster a personality.

Gordon, for instance, is a burly green guy covered in facial hair who, incidentally, loves to play tennis.

"For someone his size, Gordon is surprisingly nimble on the tennis court," reads his online description.

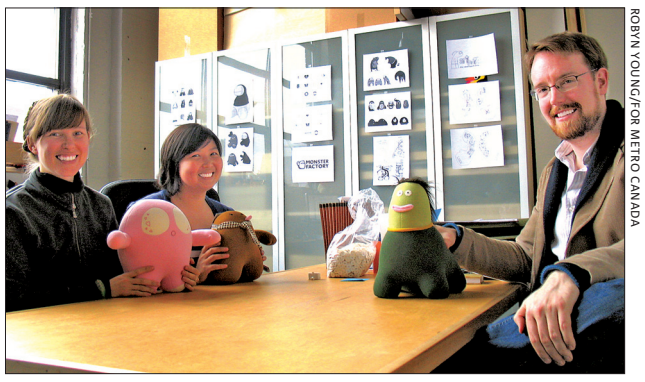
His wife, Sally, on the other hand, just as burly but not quite as active, has taken up meditation in order to curb her constant fidgeting.

"The three of us all have really big imaginations," said Tamasauskas.

The stuffed toys are becoming more and more popular in Europe and Asia; and in Canada the Monster Factory has its own dedicated fan base that keeps it going despite the fact, they said, marketing always comes last on the list of priorities.

The three are so focused on creating their little friends, they almost forget about the business side of things.

"But we're getting better," Tamasauskas said, proudly pointing out they recently sent out an e-mail invite for a studio sale two weeks before the event.



ROBYN YOUNG/FOR METRO CANADA

Rhya Tamasauskas, left, Bliss Man and Adam Dunn show off their monster creations at Monster Factory on King Street West.

From the top (with descriptions): Colin, who divides his time between playing video games and fretting about his future; Sally, who in an effort to curb her constant fidgeting has taken up meditation ... BOR-ING; and Gordon, who for someone his size is surprisingly nimble on the tennis court.

PROVEN HAIR REMOVAL
Call for your FREE CONSULTATION today!
416-480-1700
181 EGLINTON EAST, SUITE 207, TORONTO
MEN'S HAIR REMOVAL
BEFORE
Male Back BEFORE
AFTER
Male Back AFTER
MEDI SPA SERVICES FOR MEN AND WOMEN:
Laser Hair Removal - Elos, Electrolysis and Wax
Anti-aging – Wrinkles, Scars, Sunspots, Age Spots and Vein Therapy
Photo Facial RF | Chemical Peel | Microderm | Permanent Make-up
INSURANCE CLIENTS WELCOME
PROVEN SKIN RENEWAL & VEIN REMOVAL
SPECIAL OFFER
25% OFF ON ALL LASER SERVICES AS A PACKAGE DEAL
Above prices as a package. Expires Nov. 30/08
Bring a friend...
IMD LASER HAIR and SKIN CLINIC
Member of American Society for Laser Medicine. | California Board Certified 1981 www.imdlaser.com

MEN & WOMEN NEEDED
We are looking for healthy volunteers to participate in clinical studies
You may be financially compensated up to $2500 upon completion of the study
If you are 18 to 55 years old and want to see if you qualify please contact us
416.759.5554
1.866.759.5554
www.pharmamedica.com
PHARMA MEDICA RESEARCH INC.

Concordia to hold world cafés to discuss university's future

Today and tomorrow, a random selection of faculty, staff and students at Concordia University will participate in world cafés, a series of musical roundtable discussions to talk about the university's present state and what the future holds. METRO NEWS SERVICES

Women recognized for work-life balance

The American Society of Women Accountants Educational Foundation honours companies on the national, regional and local levels and individuals across the country for their commitment to work/life balance.

The prestigious Balance Awards presented recently highlight the accomplishments of companies and individuals who successfully balance work and life.

This recognition sponsored by Accountemps and Robert Half Finance & Accounting, is conferred by a blue ribbon panel of judges and reflects a clear prioritization of both the value and the values that winning companies place on their chief asset … their people.

"The Balance Award recognizes excellence beyond the accounting spreadsheets," said the American Society of Women Accountants educational foundation chair, Denisa Jones. "These companies and individual winners are a testament to balancing workload and family lives. Each is vital to live a well-rounded life."

"Accountemps and Robert Half Finance & Accounting are proud sponsors of the Balance Awards. We are honoured to recognize the commitment to values demonstrated by these outstanding women and businesses," said DeLynn Senna, CPA, executive director of North American permanent placement services for Robert Half International.

The Balance Award catagories include company awards on a national, regional and local scale as well as individual awards for women of the year.

METRO NEWS SERVICES

On the web

- For a list of winners visit roberthalffinance.com.

Career Finder

To advertise, call Josie McKenzie 416-443-4364

Job At Home
$487.68 Weekly.
Mail Work, Assemble Products or Computer Work.
www.TopJobMetro.com
Or Write to:
CHR Jobs, 372 Rideau St.
#916-M20
Ottawa ON, K1N 1G7

ECO CONSULTANTS NEEDED
Average $18/hr
Full Training Provided
Call 416 774-2472

12 IMMEDIATE OPENINGS
$848+ PER WEEK
$1.5 Billion industry leader seeks highly motivated and career oriented individuals
NO EXPERIENCE NECESSARY
Leadership roles available
For consideration please contact 416.236.0678

MIRVISH!
Seeks enthusiastic, motivated theatre lovers to sell our stellar season! Advancement potential, casual setting.
CALL NOW 416-849-9389
Yolande – Mon-Fri 5:30pm - 9:30pm • Victoria – Tues-Sat 9am-1pm

CUSTOMER REGISTRATION AGENT
TRAINING PROVIDED • NO EXPERIENCE NECESSARY
$900 + per week
Please contact your nearest location:
Toronto West 416.716.7439 | Toronto North 416.218.0000

DO IT ONLINE. NOT IN LINE.
See online movie showtimes, trailers, reviews and purchase tickets at metronews.ca/movies

CLICK TO THE BEAT.
Get the latest in what's happening on the music scene, CD Reviews and more...visit metronews.ca/music

careers ripe
for the picking

CAREER FAIR
Wednesday November 12th, 2008, 4:00pm to 8:00pm
Queen's Quay Market - 10 Lower Jarvis St.
Community Room

We're looking for Talented part-time colleagues who are Passionate about providing an exceptional shopping experience for customers and delighting them every step of the way!

Hiring for the following locations:
Leslie St. Market - 17 Leslie St., 416-469-2897 and
Millwood Market - 11 Redway Rd., 416-425-5516

Join us for an "on-the-spot" interview for a rewarding and challenging part-time position with Loblaw Companies Limited!

Please bring one piece of Photo ID - government issued is preferred

- Applicants must be enthusiastic and have great customer service skills
- Shifts including days, evenings and weekends, or night crew

Loblaw, a great place to work!

At Loblaw, it's about our respect for the environment, sourcing products with integrity and making a positive difference in the community.

We offer our colleagues progressive careers, comprehensive training, exibility and a benefits package.

Loblaw

Immigration and Refugee Board of Canada | Commission de l'immigration et du statut de réfugié du Canada

INTERPRETERS NEEDED
CONTRACT WORK

The Immigration and Refugee Board of Canada (IRB) is an independent administrative tribunal whose mission on behalf of Canadians is "to make well-reasoned decisions on immigration and refugee matters, efficiently, fairly and in accordance with the law". For more information on the Immigration and Refugee Board of Canada, visit our website at **www.irb-cisr.gc.ca.**

You will be required to provide consecutive interpretation services for English and one of the following languages:

Arabic (Morocco, Tunisian)	**Georgian**	**Kurmanji – Turkey**	**Sinhalese**
Azeri (Azerbaijan)	**Hungarian**	**Kurdish-(Iran)**	**Turkomenian**
Berber	**German**	**Laotian**	**Thai**
Czech/Slovak	**Hakka**	**Lithuanian**	**Tamil (India)**
Fuzhou/Fujianese	**Kurdish**	**Pashtu (Pakistan)**	**Uzbek**

Qualifications: A high school diploma or an acceptable combination of education, training and/or experience. Preference may be given to candidates who are certified/accredited interpreters with other federal, provincial or academic institutions, or to those who have completed courses in interpretation. The following qualifications would be beneficial but are not mandatory: experience in court interpretation; experience in consecutive interpretation; and experience translating documents. You may be requested to work overtime.
Salary: $24.00/hour.

Canadian Citizen or Landed Immigrant status is required.

Please send your resume outlining your education, knowledge and experience, as well as two work-related references to :
Immigration and Refugee Board of Canada
Interpreters Unit; Attn: Rita Prashad
74 Victoria Street, Suite 400
Toronto, Ontario M5C 3C7
Fax: (416) 952-9184; E-mail: interpreters.cv@irb-cisr.gc.ca

We thank all those who apply. Only those selected for further consideration will be contacted.

Canada

Hospital curtains could be aiding bacteria
The curtains that hang between patient beds in hospitals can become contaminated with drug-resistant bacteria and may be playing a role in the spread of these germs in hospitals, a new study suggests. THE CANADIAN PRESS

Health

The first breast cancer film fest

The world's first film festival dedicated to breast cancer awareness will take place Nov. 21 and 22 at the ROM Theatre in Toronto. Presented by Rethink Breast Cancer, the annual festival will include short films, documentaries, animation, dramatic features and experimental works. For more information or to purchase tickets, visit *breastfestfilmfest.com*. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Researchers have developed a new device to curb sleep apnea. It's called Zzoma and it is worn like a belt around the chest.

Need some Z's? Try Zzoma

Want hubbie to turn over and stop snoring? Maybe a new gizmo called Zzoma is the answer to your dreams.

Researchers in Philadelphia have developed this experimental new device to curb sleep apnea.

Sleep apnea is a condition in which you stop breathing many times throughout the night. In about 50 per cent of mild cases, the problem is related to your sleeping position. It is bad while you are sleeping on your back, but when you switch to your side, it goes away. About nine per cent of middle-aged women and 24 per cent of men have sleep apnea. Many who have it aren't even aware of it — but their partners sure are!

Sleep apnea is a risk factor for high blood pressure, heart disease and stroke — not to mention fatigue. "They don't make the connection between the fact that they snore loudly at night and they complain about being tired during the day," says Samuel Krachman, professor of medicine and director of the Sleep Disorders Center at Temple University School of Medicine and Hospital in Philadelphia, PA. He is one of the developers of Zzoma.

Zzoma is worn like a belt around the chest. At the back there is a piece of firm foam covered in canvas that prevents the wearer from sleeping on his back. Developers say it is easier to use than a commonly used treatment — the continuous positive airway pressure machine — which blows air onto a person's face to keep their airway open.

Environmental links to cancer

HANDBOOK The Canadian Cancer Society has launched an online handbook that details the environmental substances known to or suspected of causing cancer and what people can do to limit their exposure.

Entitled "The Environment, Cancer and You," the handbook discusses asbestos, radon gas, electromagnetic fields, flame retardants, labelling of consumer products, phthalates in plastics, teflon and non-stick cookware, and water chlorination byproducts.

The online resource, available at cancer.ca/environmentandyou, explains that asbestos and radon gas increase a person's risk of developing lung cancer. THE CANADIAN PRESS

Reducing war trauma

New treatment may dull soldiers' horrific memories: Study

CELIA MILNE
for Metro Canada

On Remembrance Day, let's remember our war veterans, and hope a new treatment can help our soldiers forget.

Military personnel who experienced terror and horror are often traumatized by what they saw. They can suffer from flashbacks, nightmares, anger, depression and drug and alcohol abuse. It has been estimated that at least 10 per cent of soldiers returning from Afghanistan suffer from post-traumatic stress disorder (PTSD). This illness is as old as war itself, but it has had different labels in different eras; during the Second World War it was referred to as "shell shock."

Soldiers and others with PTSD may be helped by a new treatment that dulls traumatic memories. Research by McGill University neuroscientist Dr. Karim Nader on how memory works has turned traditional thinking on its head. It used to be thought that memories are stored and fixed in the brain. But Dr. Nader has found that memories are not perfect, and they can be dulled.

Soldiers and others with PTSD may be helped by a new treatment that dulls traumatic memories.

He discovered that when a person recalls a memory, that memory becomes unstored in the brain and later gets re-stored as long-term memory. But it can be modified in the process. Treatment can actually turn down the emotional strength of the memory by blocking that part of the brain from re-storing it. The memories are still there, but the person is able to remember them without extreme pain.

In a recent trial, Dr. Nader and colleagues gave blood pressure medication propranolol or placebo to 19 subjects with PTSD after they remembered in detail their traumatic event. A week later they were asked to recall in detail the horror. Those who had received the medication were not as affected physically by the memory as those who had received only placebo.

The study was published in the May 2008 issue of the Journal of Psychiatric Research.

Study results

- Canadian researchers are now on the third set of studies on trauma victims using the drug propranolol, a beta-blocker used by millions around the world to treat high blood pressure. Results from one study show a 50 per cent decrease in symptoms.

TORSTAR NEWS SERVICE

Delicious desserts ...delivered right to your door.

QUICK FACTS ABOUT GROCERY GATEWAY:
- ✓ Highest quality fruits and vegetables
- ✓ More than 8200 products
- ✓ Pay online or at your door
- ✓ Flat Delivery Fee of $9.95
- ✓ All backed by our 100% Satisfaction Guarantee

SAVE $15 ON YOUR 1ST ORDER*

It's easy. Just enter the code PHVC in the "Promotion Code" box at checkout and the coupon value will be automatically deducted from your total. Call 905-564-8778 for more information.

*Offer applies to new customers only and may not be used in conjunction with any other promotional offer. Offer includes instant $5 registration credit. Limit one promotion code per account. Offer valid on a minimum $45 order (excluding taxes and delivery). Offer valid for residential customers only. This offer expires on November 30, 2008.

Whole Life Expo 2008

Whole Life Expo 2008 takes place Nov. 14, 15 and 16 at the Metro Toronto Convention Centre. The show, which focuses on natural health and green living, will include lectures and more than 200 exhibits. For more information, visit *wholelifecanada.com*. METRO NEWS SERVICES

1.1 million
readers in Canada do it daily!
metronews.ca
metro
Do it daily.
SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday; BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

DO YOU HAVE ASTHMA?
We are conducting, an 8-week long **Asthma** research study. This study is examining an investigational inhaled drug for safety and effectiveness when taken in combination with another asthma treatment. Participation includes study-related care and monitoring, and study drugs at no cost. There are important things you should know about potential benefits and risks that the study doctor will explain to you.
To learn more about participation and how our goals may combine with yours, contact us at:
Alpha Medical Research
Cawthra Rd. & Dundas St. • Mississauga
905.566.1200

Are you a Healthy Person between 18 and 55 years of age?
If so, we want to hear from you!
Apotex is currently recruiting for healthy **men** and **women** to participate in studies on pharmaceutical products.

CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday 8:30am to 4:30pm Saturday
or register online @ www.apotex.ca
• **YOU WILL BE PAID** upon completion of the study
• Compensation may range from **$800** to **$3900** depending on the length of the study
APOTEX
ADVANCING GENERICS

Do you have type 2 DIABETES?
Do you control your diabetes with diet and exercise or by taking Metformin (Glucophage MD) or Sulfonylurea based oral medication?
WE ARE LOOKING FOR
Men
Surgically sterile or postmenopausal women
31 to 75 years old
If you meet the above mentioned criteria, you may be eligible to participate in a clinical research study involving experimental medication.
Compensatory indemnity up to $ 4350
Please contact our team of professionals for more information.
Anapharm offers high-quality services for the clinical research sector. The safety, comfort and respect of our volunteers are our main priorities.
Over 10 Years of Experience
anapharm
une compagnie de PharmaNet
Monday to Friday: 8:00 am to 9:00 pm
Saturday: 9:00 am to 5:00 pm
Contact number: 1-866-ANAPHARM / 1-866-262-7427
www.anapharm.com
Our clinical facility is conveniently located at the York Mills Subway Station.
27965_1111

A cup of warmth

Drink temperature affects feelings: Study

CELIA MILNE
for Metro Canada

Feeling toasty increases the possibility of making a good impression and building trust, a new study suggests.

Want to melt someone's heart? Give them a hot drink!

Research done recently by psychologists at Yale University in New Haven, CT, found that hot drinks encourage warm feelings, while cold drinks spark a part of the brain involved in practical decisions.

Dr. John Bargh and colleague Lawrence Williams watched and recorded the behaviour of 41 undergraduates in two experiments. In one, they received either a cold drink or a hot drink. And in another, they were asked to hold either a heat pack or a frozen pack used for sports injuries.

Physical temperature — whether the body is feeling warmth or cold — stimulates the insula, a part of the brain that is also used when we evaluate who we can trust in transactions. In the first experiment, the students with hot drinks were more likely to feel warm towards other people, while those with cold drinks were more likely to be critical of others. In the heat pack experiment, those holding a hot pack were more likely to be generous, while those holding a freezing-cold pack were more likely to be self-absorbed.

"I'd recommend a warm drink before meeting people for the first time," says Dr. John Bargh, a professor of psychology at Yale University. Feeling toasty increases the possibility of making a good impression and building trust.

> **"I'd recommend a warm drink before meeting people for the first time."**
> Dr. John Bargh, Yale University

On the other hand, if you are about to sign on the dotted line, you might want to put a few ice cubes in your drink to put a damper on those feelings of trust. "I'd recommend something cold when making an important decision such as buying a car or home — good to be a bit less trusting and more skeptical of salespeople," says Dr. Bargh.

Need to write a cool response to an e-mail? A frosty drink might help. "I'd watch out for drinking hot beverages when reading and responding to e-mail," suggests Dr. Bargh. "You may well say 'yes' to things you might regret later."

"I lost 51 lbs in only 4 months"

"After my baby, I was overweight and always tired. I tried Thermo-Lean and lost 51lbs in just 4 months. It was fast and easy!"
Anna Stellato
THERMO-LEAN®
Thermo-Lean® contains clinically proven ingredients to help you:
1. Lose Weight
2. Control your appetite
3. Increase your energy
Thermo-Lean® *targets your problem areas* and is so powerful...
you'll feel it working in only 15 minutes!
www.losethefat.ca
Feel it in 15
Available at WAL*MART and other retailers nationwide

Study hails cholesterol pill
People with low cholesterol and no big risk for heart disease dramatically lowered their chances of dying or having a heart attack if they took the cholesterol pill Crestor, a large study found. THE ASSOCIATED PRESS

And the survey says...

Honesty and sex go together like Vaseline and latex, Josey says.

According to a recent survey, when faced with the issue of erectile dysfunction, only 43 per cent of Canadian couples said they talked to their partner about the issue, 12 per cent said they talked to their physician and 27 per cent said they didn't talk to anyone.

We may be unable to share our most intimate sexual secrets with our partners, but we seem more than willing to expose ourselves publicly.

In the last week alone, I discovered that one in four women would date a man 15 years older, 80 per cent of married couples in America occasionally sleep apart because of snoring and that, given the choice between an extra hour of sleep or an extra hour of sex, most Canadian men want the sex and women want the sleep.

Recent research also revealed that the average woman spends three times more time with her computer every day than she spends with her significant other, most overweight American women have more sex than their skinny counterparts, redhead college girls are 8 per cent more likely to have a threesome than blond or brunette college girls, students with tattoos prefer missionary position over cowgirl, and vegetarians enjoy giving oral sex 2.5 times more than carnivores. Who knew?

Given the uselessness of much of this information, why the obsession with everybody else's sex lives? I suspect it's our way of seeing if we're keeping up with the Joneses, exercising our voyeuristic tendencies ("I just wanna peek at what the Joneses are doing"), and gauging whether or not we are sexually "normal."

The big problem with all of this inquisitiveness, of course, is that honesty and sex go together like Vaseline and latex. We lie about it, brag about it, or, at best, are seriously deluded. To wit: In one survey, 31 per cent of men who live with a woman said their partner usually or always performs oral sex while only 15 per cent of the women said they always or usually do the deed. Someone's fibbin'.

As we all know, sex sells and putting out sex surveys is an almost surefire way of getting whatever it is you're peddling into the media (the ED survey was conducted by Eli Lilly Canada Inc, makers of Cialis). As such, all this number crunching needs to be taken with a fistful of salt.

In my personal experience, sex surveys are most practical and fun when used to conduct your own private bedroom poll. Having a hard time getting your partner to communicate about sex? Survey them. It's the modern way to spill your guts.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Addicted to painkillers or other opioids?
Call 416 538 3839 for more information or to make an appointment
NO REFERRAL NECESSARY
- **methadone** maintainence treatment
- individual & group addictions **counselling**
- treatment of **psychiatric** and **HIV-related illnesses** as part of a comprehensive addiction program
- **onsite pharmacy** for methadone dispensing, open 7 days/week

QSTC Queen Street Treatment Clinic
1181 Queen St. West Suite 5

Dr. Anita Bassi B.Sc., O.D.
EYE HEALTH EXAMS
WALK- INS WELCOME
DESIGNER EYE WEAR • CONTACT LENSES
844 Bathurst St. Suite 202
(Across from Bathurst Subway Station) 416-533-8787

St. Michael's Hospital
Are you Interested in trying Diet before Drugs to lower Cholesterol?
We are looking for volunteers to participate in a 6-month study that investigates the effects of 2 heart-healthy diets on blood cholesterol.
You may qualify for this study if you are:
- in good health with raised blood cholesterol
- a man-21 years or older
- a post-menopausal woman

For more information,
Call the Portfolio Diet Study at:
416-867-7475
84432

WESTCOAST Naturals®
From Nature's Medicine Cabinet™

Westcoast Naturals®'s Wild Salmon Oil and Fish Oil provides an excellent source of OMEGA-3 fatty acids. EPA and DHA fatty acids have been shown to offer such notable benefits as positive heart health and helping to support cognitive health and brain function. In addition, fish oils may assist in lowering blood triglyceride levels, LDL cholesterol levels and decrease the risk of atherosclerosis.

Westcoast Naturals®'s Wild Salmon Oil and Fish Oil soft gel caps have been specially formulated to promote good overall health and well being.

Bring in this advertisement and receive 10% off.

Medi Place Pharmacy
#146-3300 Bloor St. West, Toronto, ON M8X 2W8
416-236-1145

Jerry's Drug Whse
311 Brock St. North, Whitby, ON L1N 4H8
905-666-3784

Kidman could play transsexual
Nicole Kidman is in talks to play the world's first post-op transsexual. The actress is in negotiations to play Einar Wegener opposite Charlize Theron in The Danish Girl. **IMDB.COM**

Entertainment

Long life
Justin Long has signed up to appear in After.Life alongside Christina Ricci and Liam Neeson. He is to star as Ricci's character's boyfriend in the dark thriller.
FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Rock band Coldplay.

Coldplay tops at World Music Awards

MUSIC Coldplay were named as the world's top-selling act of 2008 at the World Music Awards (WMAs) in Monaco, BBC News Online reports.

The band's latest album, Viva La Vida or Death and All His Friends, topped charts in countries including Britain, the U.S., Japan, Germany and France.

The group, fronted by Chris Martin, was also named rock act of the year.

METRO NEWS SERVICES

Sam Roberts mixes it up

Altering set lists keeps live show fresh

JIM REYNO
Metro Canada

There's got to be some mixup. If there isn't, then Sam Roberts isn't doing his job.

The Juno-winning rocker is on a Canadian tour that takes him to 11 Ontario cities. Sam and band often change their set list, as well as alter some of the songs to keep things fresh for themselves and the fans.

But four shows at one venue? That's a tough one, one Roberts faces when he performs at the Danforth Music Hall tonight and then Thursday to Saturday.

"It's all great to see these four dates in one city on your touring schedule. Then you sit down and actually consider how you're going to approach playing four nights in a row, and how much you have to change every night," Roberts said in a phone interview.

"I'm excited about this tour, and that it's happening pretty early on in the record's life cycle for us." Sam Roberts

"Especially for us. If we play in two different cities, we change the set list completely. We're just that kind of band — we hate to repeat ourselves. So this presents a substantial challenge to us, I think."

It's a fine line for a performer. Obviously, you've got to play the hits, but you don't want the show to get predictable over an extended run. Roberts won't let that happen.

"To go out there, four nights in a row and — not necessarily reinvent the band or reinvent the performance all together — but certainly mix it up enough that it feels like we're playing to that crowd to the first time, and that they're getting something unique and not just us rehashing the same thing we did the night before," he said.

UNIVERSAL MUSIC PHOTO

The Sam Roberts Band, along with opening act The Stills, plays the Danforth Music Hall tonight and then Thursday to Saturday.

Roberts' most recent album, Love at the End of the World, was released in May. He sees the tour as a chance for his band to delve into the new songs.

"We haven't played them to the point where we're sick and tired of playing every single one of them," said Roberts. "They're still pretty new and fresh to us. That's why I'm excited about this tour, and that it's happening pretty early on in the record's life cycle for us."

As for his old songs, you'll hear them on the Danforth, too. But Roberts says they might have a new twist: "I think it's when you take the more familiar songs, like Brother Down or Where Have All the Good People Gone — these songs that have been played on the radio that people are very familiar with all the different twists and turns of the song — then you have a go at changing the direction.

"Those are the ones that end up having the biggest impact and are the most stimulating for us as a band."

Entertainment in brief

PEOPLE Sienna Miller has been awarded $55,000 US in damages from two tabloid newspapers over claims they breached her privacy, BBC News Online reports. Miller had sued Britain's the Sun and News of the World over a series of "intrusive articles and photos."

PEOPLE Glenn Close will be honoured for her long-running Hollywood career next month by industry publication The Hollywood Reporter as it unveils the annual 100 most powerful women in entertainment list, imdb.com reports.

METRO NEWS SERVICES

LASIK MD VISION
LASIK Now. Pay in 2010.
LASER VISION CORRECTION
Starting at $490/eye*
NEW FINANCING
$0 Down | $0 Payments | 0% Interest
UNTIL JANUARY 2010†
Dr. Avi Wallerstein MD, FRCSC 50 000 procedures
Dr. Mark Cohen MD, FRCSC 50 000 procedures
FREE Consultation: 1-877-316-4040
www.lasikmd.com
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.
† Subject to Desjardins Card Services credit approval. No payments, no interest until January 2010.
Ask about our Lowest Price Guarantee
Accord D Desjardins
Ottawa | Kingston | North York | Downtown Toronto | Mississauga | Hamilton | London

HBO CANADA
IT'S HERE. GET IT.
FOR FULL SCHEDULE VISIT HBOCANADA.COM
HELLO
REAL TIME WITH BILL MAHER
HBO Canada℠ Real Time With Bill Maher℠ and the associated logos are service marks of Home Box Office, Inc. Used under licensed. © 2008 Home Box Office Inc. All rights reserved.
™The Movie Network and its associated logos are trademarks of Astral Broadcasting Group Inc.
Astral Media
A channel of THE MOVIE NETWORK

Macpherson defends cycling trip

Supermodel Elle Macpherson insists she "doesn't know what all the fuss was about" after she was criticized for cycling with her young son perched on the handlebars. "He was wearing a crash helmet and I wasn't going very fast," she says. **IMDB.COM**

CTV PHOTO

The finalists for the reality TV competition So You Think You Can Dance Canada are, starting from the back on the left, Natalli Reznik, Nico Archambault, Kaitlyn Fitzgerald, Vincent Noiseux, and in the front, Miles Faber, Lisa Auguste, Danny Arbour, Arassay Reyes, Izaak Smith, Allie Bertram.

Competition dances into Top 10 round

Ten competitors are left in the search for Canada's favourite dancer on So You Think You Can Dance Canada, CTV says.

During last Thursday's live broadcast, host Leah Miller announced the bottom three couples: Natalli Reznik, 28, and Frances Lafreniere, 28, who performed a salsa routine; Allie Bertram, 18, and Danny Arbour, 26, who performed a hip-hop routine; and Lara Smythe, 25, and Miles Faber, 21, who performed a foxtrot routine.

The judges decided Smythe and Lafreniere would be sent home.

The Top 10 comprise dancers ranging in age from 18 to 28 and a variety of dancing styles, including contemporary, Latin and hip hop. The competitors represent communities from across the country.

They have survived seven elimination rounds and outlasted almost 10,000 other competitors.

Top 10 contestants

- Allie Bertram, 18, a ballet dancer from Calgary.
- Arassay Reyes, 21, a contemporary/Latin dancer from South Surrey, B.C.
- Danny Arbour, 26, a Latin and ballroom dancer from Montreal.
- Izaak Smith, 19, a hip-hop and contemporary dancer from Prince George, B.C.
- Kaitlyn Fitzgerald, 18, a contemporary dancer from Loretto, Ont.
- Lisa Auguste, 27, a contemporary/hip-hop dancer from Rexdale, Ont.
- Miles Faber, 21, a popper and boogaloo dancer from Calgary.
- Natalli Reznik, 28, a hip-hop/Latin dancer from Toronto.
- Nico Archambault, 23, a contemporary/hip-hop dancer from Montreal.
- Vincent Noiseux, 22, a contemporary/hip-hop dancer from Saint-Jean-sur-Richelieu, Que.

During the finale in December, one of these 10 finalists will be voted Canada's Favourite Dancer and win $100,000 and the keys to a 2009 Mercedes C230.

The first Top 10 performance episode is tomorrow.

The competition will become more intense as the Top 10 face new choreography and new partners each week.

Offering advice and support behind the judge's desk for the Top 10 episodes will be Tre Armstrong and Jean Marc Genereux, along with guest judges Blake McGrath and Luther Brown.

Who stays and who goes is in the hands of Canadians, as viewer votes solely determine who continues in the competition and who goes home.

THE CANADIAN PRESS

100% PERMANENT HAIR REMOVAL

A WHEN YOU'RE RIGHT, YOU'RE RIGHT
There is no one better than **OMI** for hair removal and they have proven it since 1979

B Save your money by coming to **OMI** first. Don't let others over charge you for poor results or undercharge for no results.

C **OMI** will change your life for the better. Call us now!

Most
... of OMI consultations were treated by doctors and others without success. Don't waste your money like they did. Come to OMI first!
(most OMI clients are male)

OMI on 98.1 Radio &
OMI on Rogers TV Channel 5
OMI MEDICAL INC.
416•223•5500
www.omihair.com
OPEN 7 DAYS A WEEK

Just after sunset.
It's the perfect time for
STEPHEN KING.

IN STORES NOW

Thirteen new mind-bending stories
from the master of horror.

Watch the online video series of Stephen King's story "N" at www.Nishere.com

Just After Sunset is also available on audio CD
Simon & Schuster Canada | read more at www.SimonSaysCanada.com

GIVING LOW PRICES
a good home™

the new fido™

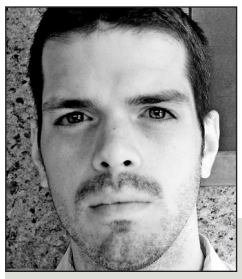
Smith to star in Spielberg project

Will Smith is reportedly set to star in Steven Spielberg's new movie. The actor is in talks to sign up to appear in the director's remake of Chan Wook Park's Oldboy, a film that was originally released in 2003. **FEMALEFIRST.CO.UK**

Metro Global Photo Challenge 2008

"The urban jungle drives life at high speed. Switch gears. Create your space. Moments of stillness do exist within the chaos — find them."
Lydia Macintosh, Toronto

Life Rushing By



"The combination of fog and night creates a photo-op ... I caught this streetcar at the Neville Park loop at the east end of the 501 Queen line, about to start another run across town."
Joel Charlebois, Toronto

Midnight Tram to Humber

Metro's Global Photo Challenge has drawn 3,890 entries from Toronto, Ottawa, Vancouver, Calgary, Edmonton and Halifax, and 55,389 international entries. The Top 10 photos are on display at the CN Tower until Nov. 16. Vote for your favourite shot online at **metronews.ca/photochallenge** until Nov. 23. An international jury will judge the Top 5 photos, and the winner will receive a Nikon D700 DSLR and Nikon 24-70mm F2.8 zoom lens. The photos above are details of the entries. Visit the website to see the full image.

Heroes dominate award nominations

AWARDS How heroic. Iron Man will battle The Dark Knight and Indiana Jones and the Kingdom of the Crystal Skull for favourite movie at the 35th annual People's Choice Awards.

CSI: Crime Scene Investigation, Grey's Anatomy and House are nominated for favourite TV drama.

Queen Latifah will host the viewer-voted awards show, to air live Jan. 7, from the Shrine Auditorium in Los Angeles.

THE ASSOCIATED PRESS

In brief

TELEVISION Al Gore's news network is coming to Canada. The former U.S. vice-president's company Current comprises a TV channel and a website, and draws heavily from citizen journalists. **THE CANADIAN PRESS**

Banks' stock rising in Hollywood

Actress starring in a trifecta of releases

HEIDI PATALANO
Metro World News

You'd think Elizabeth Banks planned the blitzkrieg of press she's gotten lately.

In four weeks, almost as many films have been released in which she's played a prominent role, but the rising star pleads innocent to any master plan.

"It's not my fault that they're all coming out at the same time," she says, laughing. "It was not my plan at all."

With W. and Zack and Miri Make a Porno under her belt, the final release in this trifecta is Role Models, about slackers who are forced to enrol in a Big Brother program. Though Banks plays a supporting role as girlfriend to energy drink salesman Paul Rudd, she's happy to take a back seat.

"Everything I (improvised) got cut, which is fine because frankly it's not a love story," she says. "I never complain when something gets cut and the story is better (for it). The story is definitely better, and (doing the film) was really just an opportunity to hang out with friends and help out (director) David Wain."

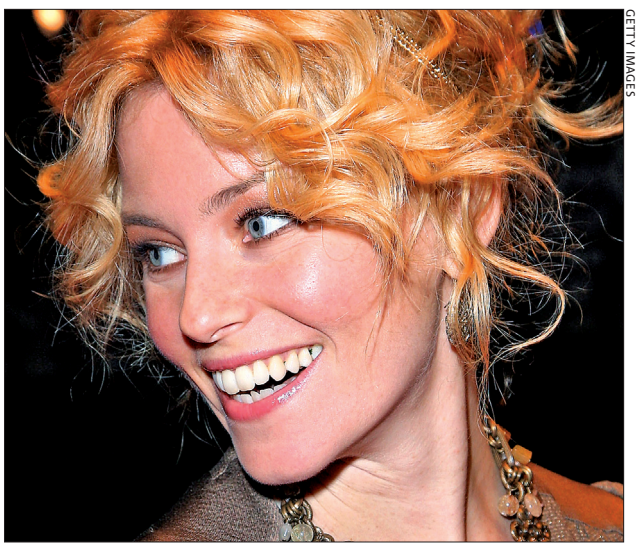
Despite such a sudden rise in profile, Banks is a Hollywood veteran with more than 10 years spent on screen; her first big break was in another Wain film, the cult classic comedy Wet Hot American Summer.

"I auditioned for the lead role, (but writers/directors) David Wain and Michael Showalter thought I was too pretty," says Banks. "It was kind of a backhanded compliment. They like pretty, funny women just like everybody."

Clearly aware of her potential for success, one can't be blamed for viewing her previous roles in Seabiscuit, the Spider-Man trilogy and a recurring role on Scrubs as strategically placed rungs on her climb to the top.

Now that she's up there though, the view doesn't look that unfamiliar — Banks says it feels like the beginning all over again.

"In that regard, it's really exciting," she says effusively. "I'm certainly a newcomer to having my name above the title, that's for sure."



GETTY IMAGES

Elizabeth Banks is starring in three movies this fall.

McAvoy nominated
James McAvoy is among the stars nominated for this year's European Film Awards. McAvoy has received a nod in the best European actor category for his role in 2007's Atonement. The awards ceremony will take place in Copenhagen on Dec. 6. IMDB.COM

A literary take on Lennon

Definitive biography strives to put the icon into context

"No writer is just one person," British novelist, playwright and biographer Philip Norman says. He's quoting F. Scott Fitzgerald by way of explaining why he believes the world needs to know more about the late John Lennon — the subject of Norman's new 821-page chronicle of the ex-Beatle's life and times – than it does already.

"A writer is multiple personalities. And John Lennon was a massive complexity."

Besides, the only two full biographies of the artist Norman calls "a towering presence in the 20th century" — Ray Coleman's tame and by-the-numbers Lennon: The Definitive Biography, and Albert Goldman's scandalous psychofable, The Lives Of John Lennon — "just don't do the job," the writer continues, in a sun-drenched corner office of his Canadian publisher in downtown Toronto.

"John needs a literary biography, something that puts him into context.

"Lennon's life is an epic canvas. It's the stuff of a Russian novel."
Philip Norman

"When you take into account the origins and scope of his work — his music, his poetry, his art and his politics — Lennon's life is an epic canvas. It's the stuff of a Russian novel."

John Lennon: The Life (Doubleday Canada, $40) does unfold as a novel. Its greatest strengths are not the intriguing, never-before-shared insights Norman has drawn from Lennon's childhood friends and acquaintances, or from the usual suspects (Lennon's second wife, Yoko Ono, and his son, Sean, and stepdaughter, Kyoko, and Beatles producer George Martin and songwriting partner Paul McCartney).

The witness accounts, verbatim conversations and reconstructed minutiae are evidence of Norman's exhaustive research — three years in the gathering, a year in the writing and editing — but nothing we didn't know or suspect about his complex and troubled subject.

What really sets his book apart are the writer's attention to and first-hand understanding of the economic, class, geographical, historical, cultural and sociological details of Lennon's upbringing and circumstances.

Norman's vivid re-creation of post-war Liverpool — tough, violent, depressed, class-divided and impoverished, still straining against the effects of post-Edwardian propriety — and of the head-spinning changes wrought on the port city's disaffected early boomers by emerging liberalism, counter-establishment thought and rock 'n' roll, is as evocative and compelling as the work of any great historical novelist.

"You have to judge real people in the context of their times," says Norman, whose well-regarded 1980 chronicle of The Beatles' rise and fall, Shout!, he calls "a snapshot in which John was just one character, while this is a portrait in oils."

The book, from which 60,000 words were edited to yield a tidy 300,000, didn't come easily, he explains.

"It was hideously difficult. It's not easy to write about music, to explain in words what The Beatles' songs sound like. You can't just stop mid-sentence and say, 'Listen to the record.'

"And keeping all the pop culture shifts together, keeping an authentic timeline, trying to write an accurate account of the life of a pop artist without sounding too portentous or too trivial — it was horrible pressure. So much that's written about pop music is concerned with dross. How do you write about it in a literary fashion?" TORSTAR NEWS SERVICE

DVD picks

Planet of the Apes 40th anniversary collector's edition (Blu-ray)

Director: Various

AS A SCI-FI franchise second only to Star Wars in impact and influence, the five Planet of the Apes features have been repackaged almost as often as George Lucas' cash cow.

But we're in the high-definition era now, and home theatre buffs who want their Apes to be all aces will want this 40th anniversary Blu-ray collection. Not just for the upgrade in sound and vision but also for the accompanying hardcover book, which does a very nice job of summarizing and backgrounding this confusing series.

There's just one essential movie in the franchise, and that's the 1968 original Planet of the Apes, which stars Charlton Heston as a misanthropic astronaut who ironically finds himself having to defend humanity, when an interstellar voyage sends him yonder where talking apes abuse mute people as slaves. Co-written by Rod Serling, the script brilliantly aped the era's social unrest. Roddy McDowall and Kim Hunter turned those simians into stars that kept shining even after Heston left the series, which he did following his reluctant cameo in 1970s Beneath the Planet of the Apes (2 stars), a goofy nuke mutants sequel.

It might have sunk the series, but the franchise rallied with 1971's Escape From The Planet Of The Apes, which sent McDowall's and Hunter's characters back to 1970s Earth. Nice twist on the racial theme — this time, the men boss the monkeys — and variations would stretch the series violently in 1972's Conquest Of The Planet Of The Apes (2½ stars) and 1973's Battle For The Planet Of The Apes (1½ stars), both of which play best on a drive-in movie screen. TORSTAR NEWS SERVICE

Program spreads the word on Girls' Rights

JIM REYNO
jim.reyno@metronews.ca

It's a mock talk show with girl talk — informative and fun. And the 411 Initiative For Change is taking it to the schools.

"We actually spoof the idea that it's the Tyra Banks show, or The Hour on CBC, and we present it as a television talk-show format," 411 executive director Tamara Dawit said about the program to raise awareness about female issues and empower young women.

"We have pre-taped clips and we have artists who are live guests in the studio."

The program, Girls Rights Are Human Rights Too, is touring high schools this month. It was created with the children's developmental organization Plan Canada to explore issues such as education, gender equality, violence against women and child labour.

TAMARA DAWIT

The cast of Girls' Rights Are Human Rights Too includes rappers Masia One, left, Eternia, right, and singer George Nozuka.

One of the guests on the program is singer George Nozuka, who is releasing a documentary Nov. 25 about child slavery in Haiti, titled Artist at Work. He says there are more than 170,000 child slaves in Haiti, and that many of them are physically and sexually abused.

"I think it's important for kids in general to know about what's going on around the world," Nozuka said. "In a country where our children and our kids are being taken care of, and in a country where the government is taking care of the people, I think it's important to shed some light on the countries where the government isn't taking care of the people."

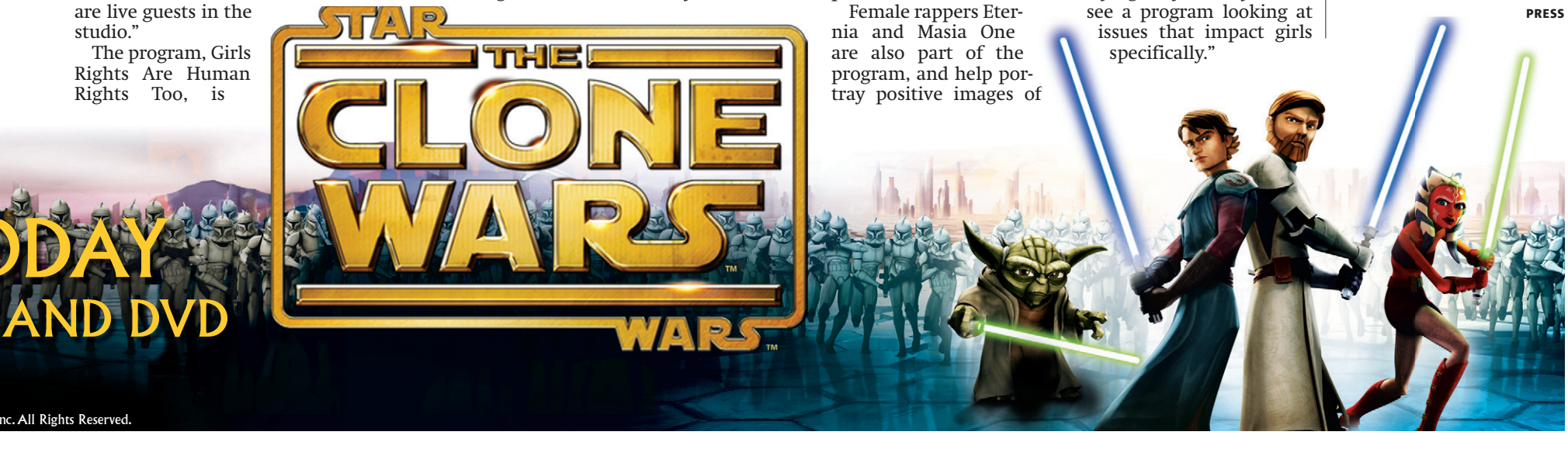
Female rappers Eternia and Masia One are also part of the program, and help portray positive images of girls.

411, a national youth-led not-for-profit organization, and has been touring schools for 10 years. Dawit said the girls rights theme was a natural fit this year because Plan Canada is participating in Plan International's campaign addressing the same thing.

Plus, there's been a demand for it. "We touch on a lot of social issues, and we always try to include information specific to young women and girls," said Dawit, a founding member of 411. "We've had a lot of feedback from schools and from teachers saying they'd really like to see a program looking at issues that impact girls specifically."

British novel tops Amazon's picks

BOOKS Philip Hensher's The Northern Clemency is a British novel that, as of Sunday, had yet to attract any customer reviews on Amazon.com. But the online retailer's staff reviewers have noticed well, making it Amazon's book of the year. "It quickly became a favourite here as soon as our advance copies arrived," Tom Nissley, Amazon senior books editor, said in a statement Sunday. "Its unpredictable and beautifully observed story of two families in Sheffield, England, reminded us of writers from Jonathan Franzen to Anne Tyler ..." THE ASSOCIATED PRESS



Beyoncé wants to play Wonder Woman

She sings, she acts, and now Beyoncé is out to save the world: The former Dreamgirl wants to become the first actress to play Wonder Woman on film. **TVGUIDE.COM**

Giller Prize nominees

Five Canadian writers sum up their literary works of art

THE CANADIAN PRESS PHOTO

DAVID COOPER / TORSTAR NEWS SERVICE

The most lucrative literary award in Canada, the Scotiabank Giller Prize, will be awarded tonight during a gala at a swank Toronto hotel. Two of the five authors nominated include Marina Endicott and Joseph Boyden (pictured).

The most lucrative literary award in Canada, the Scotiabank Giller Prize, will be awarded tonight during a gala at a swank Toronto hotel.

Five Canadian writers — Rawi Hage, Mary Swan, Joseph Boyden, Marina Endicott and Anthony De Sa — are vying for the $50,000 prize.

Mary Swan, 55, of Guelph, is nominated for her novel The Boys in the Trees (Henry Holt/HB Fenn).

One-sentence synopsis: "Set in the late 19th century, The Boys in the Trees explores the lives of a number of individuals who are connected, in some way, to a terrible crime."

Anthony De Sa of Toronto is nominated for the short story collection Barnacle Love (Doubleday Canada).

One-sentence synopsis: "Moving from a small Portuguese village in the Azores, where time stands still, to the dark alleys of a sleepy, backwater Toronto in the 1970s, Barnacle Love offers a remarkable coming-of-age story."

Marina Endicott, 50, of Cochrane, Alta., is nominated for her novel, Good to a Fault (Freehand Books/Broadview Press).

One-sentence synopsis: "Woman meets family, woman loses family, woman gets back a sense of family."

Joseph Boyden, 42, a Toronto native now living in New Orleans, is nominated for his novel Through Black Spruce (Viking Canada).

One-sentence synopsis: "My novel is about how a family comes together to help heal each other."

Rawi Hage of Montreal is nominated for his novel Cockroach (House of Anansi Press).

One-sentence synopsis: "Ropes, snow, and the underground."

THE CANADIAN PRESS

Apartment Finder

To advertise, call Ian March, 416-486-4900 Ext. 232

Rent Toronto's Best Subway Locations!

High Park Village
Bloor St. West & High Park Ave.
• Steps to Subway right at High Park station
• Floor to Ceiling Windows
• Full facility Rec. Centre with Indoor/Outdoor Pools
• Onsite Resident Services Centre
Studio from $1030
1 Bedroom from $1,101
1 Bedroom Deluxe from $1,337
2 Bedroom from $1,460
3 Bedroom from $2,152
Town Homes from $2,650
Visit our Rental Centre at: 65 High Park Avenue
416-507-7707
rentminto.com

65 THORNCLIFFE PARK DR.
Well maintained & Spacious suites in Hi-Rise Building
BACH., 1, 2 & 3 BEDROOMS
416-696-5052
Available for immediate occupancy. Close to all facilities.
www.torontorentals.com/65thorncliffe
Don Mills & Overlea

BATHURST & LAWRENCE AVE. W.
2 bedroom
$1,050 +
for November
Close to subway & shopping
If you have any questions, please call: 416-928-4884
ESBIN PROPERTY MANAGEMENT

Have A Place For Rent ?
Place a "Classified Ad" for just $10
Find a tenant on our "Message Board"
Looking To Rent ?
Place a Free Ad on our "Message Board"
Search through 1,000's of Listings
TorontoRentals.com

EGLINTON-KIPLING
2 Bdrm from $1145
Near TTC, 427, airport, shopping, C/AC avail, prkg, rec centre, security.
Apply 1450 Kipling,
S.W. of Eglinton 416-231-2003
Mon-Thurs. 11-7, Friday-Saturday 10-4
www.princessmgmt.com

Effective and cost effective.
To advertise in Metro's Apartment Finder, call Ian today!
416-486-4900 ext. 232
metro Do it daily.

Rent Toronto's Best Subway Locations!

Minto Roehampton
Condominium lifestyle rentals now available at Yonge & Eglinton
150 Roehampton
Studio - from $1,199
1 Bedroom from $1,499
1 Bedroom + Den from $1,659
2 Bedroom from $1,979
2 Bedroom + Den from $3,699
Visit our Rental Centre at: 150 Roehampton Ave
416-246-2926
rentminto.com

Service Directory

To advertise, call Ian March, 416-486-4900 Ext. 232

PSYCHICS

MR.ABDOUL AFRICAN MARABUT SPIRITUAL ADVISER MEDIUM CLAIRVOYANT
29 years experience specializing in all relationship matters, will answer the most important question you will ever ask reunite lovers, marriage, health, remove curses, spells, cast out evil spirits, improve your luck in business etc.
I can help in any situation regarding career, legal matters with accurate results.
CALL NOW! MR ABDOUL 416-784-1322

LEGAL

DIVORCE & NOTARY PUBLIC
Joint Petition Divorce $200 up,
Sole Petition Divorce $350 up,
Notary Public $19.99 & $10.00 thereafter,
Change custody/support, family law legal aid, legal opinion letter $120, affidavit, declaration & other family law cases & notary public services…
Call 416-298-0600
TOP FIRM

CRIMINAL RECORD?
PARDON from $399
U.S. WAIVER
Start your file with $100
1 6 913-4300

FINANCIAL

MONEY PROBLEMS?
gta credit
MAKE ONE MONTHLY PAYMENT FOR ALL YOUR DEBTS
No need for BANKRUPTCY
North York: 416-650-1100
Scarborough: 416-754-0011
Mississauga: 905-275-4200
GTA CREDIT SOLUTIONS SERVICES LTD. www.gta-credit.com

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply
www.mortgagegenie.org
416-667-9834

The Money Source
LOANS
FOR WHATEVER YOUR NEEDS MAY BE!
APPLY ONLINE TODAY!
www.mymoneysource.ca
or call (416) 699-2274
License # 11127

NEED A LOAN? PFS Loan Centre
Bankrupt, Proposal or Past Bad Credit?
Why pay sky high payday loans?
Personal loan (1 yr. on job, $15/hr min. req.)
Car paid off? (2002 or newer - up to $15,000)
Affordable rates! Think smart. Think Prudent.
PrudentLoanApprovals.com
416.634.2013

MORTGAGE APPROVED!
• 1st and 2nd Mortgage for any purpose.
• Purchase or re-finance up to 95%!
• Rates well below posted!
• Consolidate cards into one payment.
• Investment Loans to $100,000 OAC.
• Self-employed? No income qualifying?
• Good, bad or no credit?
• Behind on Mortgage Payments?
www.homefreefinance.ca
Commerce Ventures
416.913.9593 or 647.273.5626

Effective and cost effective.
To advertise in Metro's Service Directory, call Ian today!
416-486-4900 ext. 232
metro Do it daily.

DIVORCE

Quick DIVORCE
Lawyer-Prepared
Fr. $300
705 Lawrence Ave. W Unit# 205
Close to Lawrence West Subway Stn.
416-849-4200
(Open 6 days: Mon-Sat)

SIMPLE (UNCONTESTED)
DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
Lawyer-prepared and filed for you
Member Better Business Bureau

BDO BDO Dunwoody Limited
Debt Worries?
We'll help you find the right solution to alleviate financial stress.
BDO. Helping Canadians for more than 45 years. bdodebthelp.ca
Locations throughout the GTA
1 800 561-DEBT (3328)
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

Spelling returns to Smallville
Actress Tori Spelling has reportedly finalized a deal to return to Smallville as Daily Planet's gossip columnist Linda Lake. The character was first introduced in a January 2007 episode. **EW.COM**

HBO searching for hits

IntelleVision

HBOVERCOME: The channel that once claimed it was more than just television is probably desperate to just be TV again after more than two years of being the home of a few ambitious failures and one loving satire of its own creative ecosystem that could probably have found a home on any other network.

I'm talking about HBO, of course, whose creative and ratings doldrums are underlined rather neatly this week by the release of the complete Sopranos box set for the holiday DVD market. Things aren't entirely bleak at HBO these days — True Blood has given some lustre to its ratings, and allowed network executives to walk a bit more upright at parties with their friends from Showtime and AMC, since they're not just the home of Entourage anymore, or the people who need Flight Of The Conchords to stake out their "indie cred" — something they didn't need when Sopranos and Sex And The City were still in production.

HBO has a whole nine new pilots in production right now, according to a story in the Los Angeles Times, a fusillade of new shows that it's hoping will hit Sunday prime time — the network's night, historically — with at least one indelible bang.

"It will be a survival of what they consider the fittest," said Alan Taylor, who has directed episodes of all of HBO's landmark hits. "You'd rather be their only one, but fair enough, if you have to sort of win your place."

Taylor's new project is Bored To Death, a film noir comedy starring Ted Danson and Jason Schwartzman, which will be competing for oxygen with a period drama directed by Martin Scorsese (Boardwalk Empire), Treme, a New Orleans story from Wire creator David Simon, and Hung, a black comedy from Dmitry Lipkin, whose The Riches was recently denied a third season by FX. Also coming from the network is The Wonderful Maladys, starring Sarah Michelle Gellar, and titles such as Last Of The Ninth, Suburban Shootout, Washingtonienne and How To Make It In America. There might be a Sopranos in the lot — a Mad Men, maybe — but at least one of them will be John From Cincinnati all over again.

REMEMBER: All the networks here will be carrying the cenotaph ceremonies today, but it's History Television which owns Remembrance Week, with shows like the second season of Finding The Fallen, an archaeology/reality hybrid that starts out with a bone fragment or belt buckle, and pulls out to tell the story of an orphan who was relocated to an Ontario farm only to die in the trenches, or the man who died along with his horse during one of the last cavalry charges in modern warfare. Starts tonight at 8 EST.

Rick McGinnis writes about music, movies, books and television, but not opera.

WHAT'S YOUR SIGN?
Take Five daily, to find out what your horoscope says.
metronews.ca
metro Do it daily.

Kids For TV
Boys & Girls up to 12 years old
- as well as teens and young adults - are invited to tryout for special evening or weekend TV Studio workshops in TV Acting, Movies & Modelling.
Places are limited. For your Studio Invitation call Susan Lee at
416 922 - 9727

Reality show searching for models

TV Do you want to be on top — in Canada?

Canada's Next Top Model is looking for the next catwalk queen. The search for competitors is on for the third season of the reality show, which will air on CTV in 2009. Ten ladies will compete for a grand prize that includes a $100,000 beauty contract.

Applicants must be female, between 18-23 (as of Jan. 30), Canadian citizens and/or permanent residents, and at least five-foot-eight in height. Participants must also be prepared to spend five weeks away from home and must not be locked into a current contract. For details, go to model.ctv.ca. **METRO NEWS SERVICES**

GlobalStyle

Rapper 88-Keys explains his loyalty to Polo Ralph Lauren, exclusively at metronews.ca/globalstyle.

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

TO		Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	11/11/08	265	353	2 TVO	Undersea Exp.	Parks	The Agenda With Paikin		The Diary of Anne Frank				Agenda-Paikin
		211	331	3 GTV	ET Canada	Entertainment	House "The Itch" (N)		(9:01) 90210 (N)		Kitchen Nightmares (N)		News (N)
		215	343	4 OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		210	302	6 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
		214	344	7 CITY	Law & Order: SVU		Rita Rocks	Rita Rocks	Privileged (HDTV) (N)		Hates Chris	Friends	News (N)
		212	313	8 CTV	etalk	Hollywood	Law & Order (HDTV) (N)		Dancing With the Stars		Law & Order: SVU		News (N)
		218	345	11 E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				The Best Years (DVS)		News (N)
		137	763	13 TFO	Panorama		Canada	Villages	*L'oeil du malin* (1961, Drame), Walter Reyer			Aventures	Le Record
		-	-	14 -	Cold Case		News (N)		News (N)		2Half Men	King	Cold Case
		213	326	15 SUN	Scrubs	George Lopez	*Kramer vs. Kramer* ★★★★ (1979, Drama), Meryl Streep				To Serve and Protect		Grill Rm.
		-	387	16 CBS	Inside Edition	Hollywood	NCIS (HDTV) (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		News (N)
		-	385	17 NBC	The Insider (N)	Entertainment	The Biggest Loser: Families (N)				Law & Order: SVU		News
		-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars		Dancing With the Stars		(10:02) Eli Stone (N)		News
		219	346	20 ACH-B	Robson Arms	TMZ (N)	Dancing With the Stars		(9:01) Fringe (N)		(10:02) Eli Stone (N)		News (N)
		-	-	28 FOX	Judge Judy (N)	Two/Half Men	House "The Itch" (N)		(9:01) Fringe (N)		Seinfeld	Two/Half Men	The Simpsons
		-	388	61 PBS	News-Lehrer	Keeping Up	Nova (HDTV) (N) (DVS)		Flying the Secret Sky		Reserved to Fight		Business Rpt.
		297	652	330 WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Privileged (HDTV) (N)		CW11 News at Ten (N)		Two/Half Men
		296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
		298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	90210 (N)
news		502	390	26 NW	CBC News	Newman	The Hour		CBC News: The National		Good Morning Kandahar		National
		500	500	33 CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
		509	504	79 CNB	CNBC Reports				To Be Announced		Dirty Money: Prostitution		Mad Money
sports		405	417	22 net	Billiards US Open 9 Ball 2008.		World Combat League		Hockeycentral	NHL Hockey Toronto Maple Leafs at Calgary Flames. (Live)			
		400	400	30 TSN	NHL Hockey Ottawa Senators at Montreal Canadiens. (HDTV) (Live)					SportsCentre	2008 World Series of Poker (HDTV)		
		411	457	58 OLN	Ed's Up	Videos	Survivorman		Angry Planet	Flying Doctor	Which Way to... (N)		Pilot Guides
		417	406	81 SC	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks (HDTV)
family		551	542	25 YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
		554	544	45 TEL	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Robot Chicken	Rick & Steve
		556	540	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety		602	567	27 W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
		570	580	29 MM	Degrassi: Next	Instant Star	disBand	Technical Diff.	You Can Dance		Dance	Video on Trial	MuchTopTens
		615	520	31 A&E	CSI: Miami "Hard Time"		The First 48 (HDTV)		The First 48 (HDTV)		The Rookies	The Rookies	Jacked: Theft
		700	800	35 TLN	Centrovetrine	Sky TG 24	Serie A	Canada	Ortona 1943: Christmas		Raymond	Raymond	George Lopez
		571	581	36 MMM	mmmtop	Where You At	Listed (Part 1 of 2)		Popaganda		Don't Forget the Lyrics!		Party of Five
		575	583	38 CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
		616	521	39 SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield "Party Line"		House
		620	523	40 BVO	Desperate Housewives		Live at the Rehearsal Hall		The Scotiabank Giller Prize		Literature of Margaret Atwood		Law & Order
		601	562	41 SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
		522	506	43 HIS	Vimy Ridge	Ancestors	Finding the Fallen		Finding the Fallen		Vimy Ridge: Heaven to Hell		
		625	548	44 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
		600	564	46 H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
		294	529	47 TBS	House-Payne	House-Payne	*Long Kiss Goodnight* ★★★ (1996, Action) Geena Davis.					Family Guy	Family Guy
		576	582	49 BET	106 & Park	*Madea's Family Reunion* ★★ (2006, Comedy) Tyler Perry, Lynn Whitfield.					Keyshia Cole	Keyshia Cole	Brother-Brutha
		627	528	50 SPC	Lost "The Long Con"		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall (N)	The Circuit	Stargate SG-1
		581	566	52 MTV	Busted	After	MTV News	Cribs	Paris Hilton's My New BFF		Paris Hilton's My New BFF		MTV Live
		618	524	54 TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
		603	561	56 FOOD	The Main	Chef at Home	Restaurant Makeover		The F Word		Chef School	At the Table	Restaurant
		261	394	60 V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Trench (N)		Canada
		621	527	63 STR	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF (N)		TMZ
		553	546	65 TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears
		115	711	101 TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		Lignes	Le National	Le Téléjournal
		526	507	249 VIVA	Judging Amy		Commander In Chief		The West Wing		Encounters	In Dreams	Psychic Inv.
		300	601	301 M1	(7:15) *Guy X* ★★ (2005, Comedy-Drama) Jason Biggs.				*Flags of Our Fathers* ★★★ (2006, War) Ryan Phillippe.				*There Will*
		305	612	306 PIX	*The Gate*	(7:20) *Mazes and Monsters* (1982)			*Moonraker* ★★★ (1979, Action) Roger Moore.				*Deadbolt*

critics' corner

Without a Trace
In "Live to Regret," the team tries to locate a missing bank manager who forecloses on people's homes and discovers a deep, dark secret that may be related to her disappearance after an argument with a mysterious man. Let's hope she was FDIC insured. Meanwhile, Jack (Anthony LaPaglia) is reinstated as the head of the department, so everything should be right with the world. Right? 10 PM on CBS

How to Look Good Naked
Naked twins! Sounds like every straight man's fantasy, but like every installment of this series, this new episode is about confidence, not titilation. Stylist Gok Wan and his team work with a pair of sisters who have very different body images — even though they share very similar bodies. It's double the fun when they learn to dress, show off and carry themselves proudly — flaws and all. 10 PM on W

Moore's Bond boycott
Former 007 star Roger Moore has reportedly boycotted showbiz gossip sites since discovering he placed at the bottom of a poll to find the most popular James Bond. **IMDB.COM**

Celebrity Buzz

Winehouse protects fortune

MONEY Amy Winehouse has reportedly called in lawyers to protect her fortune from husband Blake Fielder-Civil, femalefirst.co.uk reports.

Winehouse's father Mitch is believed to have had a secret meeting with legal experts to find a way to keep her estimated earnings safe if she decides to divorce Fielder-Civil, who was released from prison last week.

A source close to the singer said discussions were "productive."

"There was panic in her team that Blake could get access to Amy's money," the source added. "This cannot be allowed to happen. Mitch is leading the way but Amy is fully aware of what is happening."

Fielder-Civil is at the Life Works Community rehab centre in Surrey, England, where he is being treated for drug addiction. He has not seen his wife since he was released from prison, "I don't know if I want to be with him. Everything has changed," Winehouse was reportedly recently quoted as saying.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Carey to keep baby news hush-hush

CHILDREN Mariah Carey has hinted she'll keep any baby news secret if she becomes pregnant with husband Nick Cannon's child, femalefirst.co.uk reports.

The singer wed rapper/actor Cannon in April after a whirlwind romance. And she admits it was only after falling for Cannon that she reconsidered having kids.

"I've changed my mind because I am with The One," she says. "I think we would make good parents, and that we'd be able to figure everything out together."

But Carey insists she is in no rush to start a family, and will just take things as they come.

"People are constantly asking me if I'm pregnant, but I don't like to talk about it too much," she adds. "I just think about it as the next phase. We'll see."

METRO NEWS SERVICES

Lauren who?

CELEBRITY Imagine if a celebrity's name got called in an airport, and nobody cared. That's what happened to The Hills star Lauren Conrad, TMZ.com reports. Conrad was recently at JFK airport in New York when an airline attendant called out her name. Conrad "pitched a fit," a source tells the New York Post, "and was almost driven to tears because she thought people would start talking to her and bother her." In the end, "no one even cared," the source says.

METRO NEWS SERVICES

Farrell glad he failed audition

CAREER Actor Colin Farrell is glad he failed an audition for Irish pop group Boyzone because he wouldn't have "lasted too long" in the band, imdb.com reports. Farrell tried out for the boy band in the '90s while he was a struggling actor in Ireland, but he was rejected for his lack of vocal talent.

Boyzone went on to score a string of chart successes in the United Kingdom, returning last year for a reunion tour. Farrell eventually landed a role in British drama series Ballykissangel in 1998 and went on to forge a high-profile career in Hollywood.

METRO NEWS SERVICES

Lohan bisexual? 'Maybe. Yeah'

SEXUALITY Actress Lindsay Lohan has told a magazine she may be bisexual, imdb.com reports.

Lohan has been romantically linked to DJ Samantha Ronson since they were spotted canoodling at a party in Cannes, France, earlier this year.

Lohan has refused to confirm their relationship, and has also dodged questions about her sexuality. But in an interview with Harper's Bazaar magazine, Lohan is asked whether she is bisexual and answers, "Maybe. Yeah."

However, Lohan is adamant that she is not a lesbian, giving journalists an emphatic "No" when asked, according to New York gossip column PageSix.com.

METRO NEWS SERVICES

Schreiber favours Craig's Bond

CELEBRITY Actor Liev Schreiber has named Daniel Craig as the best James Bond ever, imdb.com reports.

Schreiber stars alongside Craig in forthcoming World War II drama Defiance, and he is full of praise for his colleague, insisting his portrayal of 007 far outstrips that of other actors including Sir Sean Connery and Pierce Brosnan.

"He is the best Bond ever in my opinion," Schreiber says. Schreiber admits he was pleasantly shocked to find out how warm and friendly Craig was on-set. "I was surprised by how generous he was and how open he was and how kind he was to me. I didn't expect that, I sort of expected the steely grin of 007," Schreiber adds.

METRO NEWS SERVICES

Don't ask Justin about marriage plans

RELATIONSHIP Don't ask Justin Timberlake if he's planning on marrying actress Jessica Biel, us-magazine.com reports.

When reporters recently asked the singer whether there were "any wedding bells" in his future, Timberlake replied, "Now that's a dumb question."

Timberlake's girlfriend Biel recently said she's on the fence about "marriage and kids."

"I feel like, if it's an organic way for me and the right time in my life, then, yeah," she says in the December issue of British Marie Claire. "If it's right, it'll be right — but, at this moment, that seems completely foreign."

She adds, "I tell you, I have so many friends having babies and getting married, and they just want to put me where they are so we can go to the nursery together and stuff. I'm like, 'Noooooo!' I'm resisting."

Timberlake's friend and business partner Trace Ayala previously told Us he didn't expect the two to wed soon.

"To be honest, I don't see them in the future, but I hope so," he said. "I really do."

METRO NEWS SERVICES

Ritchie's dad 'pleased' about divorce

DIVORCE Guy Ritchie's father is "pleased" his son's marriage to Madonna is over because the moviemaker is much happier without the pop superstar, imdb.com reports.

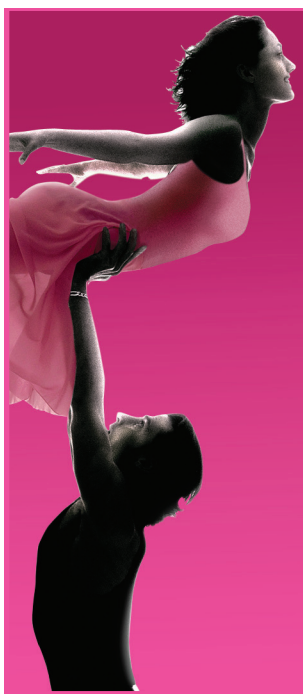
The former couple is in the middle of divorce proceedings after announcing plans to separate last month.

"He has been in a very good mood," Ritchie's father, John, says of his son. "I wasn't upset that they parted. I am very pleased for Guy that it is all over."

John Ritchie is reportedly convinced Guy will not let Madonna take their children back to her native America from England.

Madonna and Ritchie are set to fight for custody of their son Rocco, 8, David, 3, and Madonna's 12-year-old daughter, Lourdes, from a previous relationship.

METRO NEWS SERVICES



CELEBRATING
ONE
BREATHTAKING YEAR
WITH ONE SPECTACULAR OFFER!
BEST SEATS
ONLY $50
FOR ALL PERFORMANCES UNTIL NOVEMBER 30TH
SAVE UP TO 60% • REGULARLY UP TO $120

Dirty Dancing®
THE CLASSIC STORY ON STAGE
By ELEANOR BERGSTEIN

416-872-1212 1-800-461-3333
USE CODE BIRTHDAY WHEN ORDERING
LIMITED TIME OFFER! MUST BOOK BY NOV 15
ROYAL ALEXANDRA THEATRE
260 KING STREET WEST • TORONTO
dirtydancingonstage.com

Terms and Conditions: Valid on the top 3 price levels only and for performances until November 30, 2008 only. All prices in Canadian dollars and include 5% GST and $2.00 CIF. A $1.00 theatre modification fee applies per ticket. Offer not valid on previously purchased tickets and cannot be combined with any other offers. Offer maybe terminated at any time without notice. Seating is subject to availability. No refunds or exchanges. Service charges apply per ticket.

Healthy Men and Women ages 18+ with recreational drug experience needed for clinical research studies.

Financial Compensation

DecisionLine
CLINICAL RESEARCH

416-640-4004

www.studies4u.com

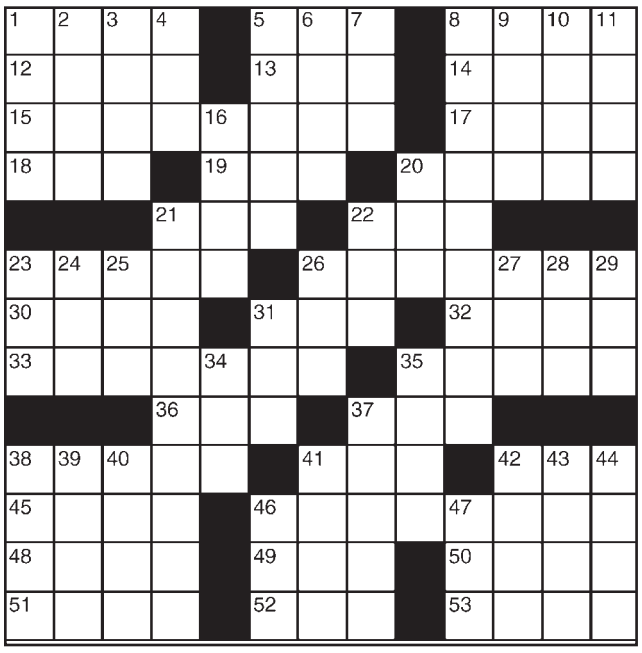
The Weather Network 20 YEARS
©The Weather Network 2008

Today Variable 6° / 0°
Wednesday Variable 7° / 3°
Thursday Rain 70% 10° / 6°

WE ADJUST OUR FORECASTS EVERY TIME YOU OPEN THE FRIDGE DOOR.
NOW WITH REALLY, REALLY LOCAL WEATHER. The Weather Network

Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8		3			2	1	
9				1		3		7
3				2				
	9	8			6		4	
				4				
	5		1			6	2	
				6				1
8		3		7				4
	7	6			4		5	

Crossword across

1 Type of machine
5 Corpulent
8 Ocean motion
12 Former larva
13 — de Janeiro
14 Caspian feeder
15 Height
17 Roller coaster, for one
18 Greek consonants
19 That guy's
20 — salts
21 Cambridge sch.
22 "How — love thee?"
23 Big parties
26 Whodunit
30 Enthusiastic
31 Coloration
32 1997 Peter Fonda role
33 Passed the time idly
35 Tends texts
36 Descartes' conclusion
37 Consumed
38 Wagons
41 Winter ailment
42 Binge
45 Stead
46 Seclusion
48 Sahara-like
49 Acapulco gold
50 Dutch cheese
51 Unit of force
52 Firmament
53 Male turkeys

Crossword down

1 Unwanted e-mail
2 Humdinger
3 Makes up one's mind
4 Mai — (cocktail)
5 Still-life subject, often
6 Helps
7 Placekicker's pride
8 Depravity
9 Rainbow
10 Pedestal part
11 Preceding H.S.
16 Anything but that
20 Dawn goddess
21 Importance
22 Go blonde
23 Woman
24 Past
25 Reed or Rawls
26 Pie ingredient?
27 Inventor Whitney
28 Pensioned (Abbr.)
29 "Undoubtedly"
31 Haw's partner
34 Petrol
35 Needle case
37 Mixed metal
38 Dressed
39 Ethereal
40 Check
41 Motorist's choice
42 Martial art
43 Leading man?
44 Lapidary's wares
46 Brillo rival
47 Asian holiday

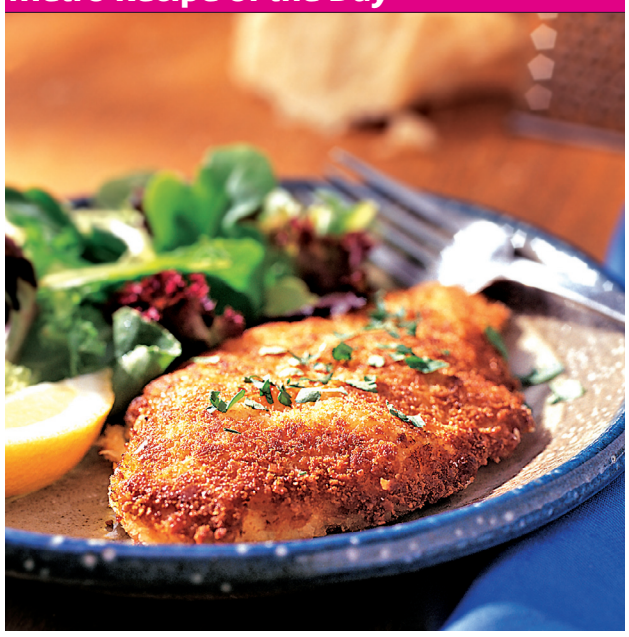
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	W	N			A	S	S		H	O	A	R		
M	A	I	L		R	E	C		I	N	C	H		
I	S	L	E		M	A	R		G	O	T	O		
T	H	E	F	T		M	E	S	H					
			T	O	W		W	I	S	E	U	P		
P	A	J	A	M	A	S		L	A	P	S	E		
U	P	O	N		G	E	M		N	E	S	T		
M	E	L	D	S		W	O	N	D	E	R	S		
A	S	T	R	O	S		P	A	L					
			I	S	I	S		G	O	N	Z	O		
B	E	R	G		T	O	P		W	O	O	D		
U	T	A	H		U	S	A		S	A	N	D		
R	A	N	T		P	O	D			H	E	S		

1	9	5	4	7	6	3	2	8
4	3	8	9	2	1	5	6	7
6	2	7	5	3	8	9	4	1
7	1	4	6	9	3	2	8	5
3	5	6	2	8	4	1	7	9
9	8	2	1	5	7	6	3	4
8	7	1	3	6	9	4	5	2
2	6	9	8	4	5	7	1	3
5	4	3	7	1	2	8	9	6

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Parmesan-Crusted Chicken Cutlets

INGREDIENTS:
4 slices firm-textured white bread
1/2 cup (125 mL) grated Parmesan cheese
2 eggs lightly beaten with 1 tbsp (15 mL) water
4 skinless, boneless chicken breast halves (about 1 1/2 lb/250 g), pounded to 1/2-inch (1-cm) thickness
3 tbsp (45 mL) olive oil
4 lemon wedges

METHOD:
1. In food processor, whirl bread to fine crumbs. Transfer to shallow bowl. Place Parmesan in second bowl and egg mixture in third. Dip chicken first in Parmesan, pressing cheese into chicken. Then dip chicken in egg and finally in breadcrumbs, pressing crumbs into chicken. Place on plate and refrigerate uncovered 30 minutes or up to 4 hours.
2. In large skillet, heat oil over medium heat. Add chicken and sauté 5 minutes per side or until golden brown and cooked through. Serve with lemon wedges.

IN A HURRY?
Omit the chilling time in step 1 and go straight to step 2, but use a nonstick skillet and be careful when turning cutlets so breading does not fall off.

PER SERVING
378 calories, 12 g total fat, 4 g saturated fat, 16 g carbohydrate, 213 mg cholesterol, 49 g protein, 481 mg sodium

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A predicament developed during the night. Absurd ideas won't make something manifest. Stubbornness could cause a rift in a friendship.

TAURUS
APRIL 21-MAY 21
Gloom unsettles an important meeting. A beaming friend boasts about quenching fear. Don't force anyone to interfere with nature.

GEMINI
MAY 22-JUNE 21
Wait for somebody who can't move quickly. Allow a nit-picker to win a fine point. Struggle to change a funny habit.

CANCER
JUNE 22-JULY 22
Find a way to understand a distant friend. Support comes from a powerful person. A get-together will boost your self-esteem.

LEO
JULY 23-AUG 23
Friends will gather around in reciprocal support. Beware suspicions that may backfire. Maintain your dignity in the face of antagonism.

VIRGO
AUG 24-SEPT 22
Someone will make you look better. Stifle those who talk non-stop about love. An honest fellow says goodbye to the past.

LIBRA
SEPT 23-OCT 23
A magnificent meeting will thrill you. A desirable partner makes you careless. Effective career moves can bring fresh prospects.

SCORPIO
OCT 24-NOV 22
It'll be easy to go to extremes. Tragic mistakes are made by a selfish man. A shameless woman is pulling somebody's leg.

SAGITTARIUS
NOV 23-DEC 21
You can't be a rescuer every day. You're in no mood to waste time. An unexpected chat reveals the reason for a strange request.

CAPRICORN
DEC 22-JAN 20
Time will outrun you when you lose focus. An alliance with a bold co-worker will satisfy you. Someone's confidence is ridiculous.

AQUARIUS
JAN 21-FEB 18
Try to find a miracle in your life. Tact works wonders when dealing with a delay. A step up in your status is due.

PISCES
FEB 19-MARCH 20
Visit a friend who has a swelled head. Confrontational words will be heard. You'll be elated when you find time to relax.

TELL METRO READERS WHAT YOU THINK
NEW "COMMENT & VIEWS"
Whether you agree or disagree about anything you've read in Metro, we want to know.
Send us your views and pick up Metro daily to find out what other Metro readers are saying.
Email your letters to
torontoletters@metronews.ca
metro Do it daily.

Bilingual Babies 2 - 16 months

Needed for language research at U of T Scarborough.
Short visit. Baby gift.
Time & Travel reimbursment.
416-208-4870
babylab@utsc.utoronto.ca

the new fido™

Giving low prices a good home.

NEW PLANS FROM $15 PER MONTH[1]

$0 GET A PHONE on the house

Other phones available

With 2-year Fido™ Agreement.[2]

THE NEW OWNER'S GUARANTEE

1. No System Access Fees
2. Free text alerts for budget control
3. No term contract necessary
4. We give back with FidoDollars™ every time you use your phone

SHOP FIDO.CA
Drop by a store
Call 1-866-301-3436

FIDO STORES

TORONTO
Dufferin Mall
First Canadian Place
Scarborough Town Centre
Sherway Gardens
Toronto Eaton Centre
Woodbine Centre
Yorkdale Shopping Centre
290 Queen Street West

WEST
Bramalea City Centre
Cambridge Centre
Conestoga Mall
Devonshire Mall
Erin Mills Shopping Centre
Fairview Park Mall
Lime Ridge Mall
Mapleview Shopping Centre
Masonville Place
Pen Centre Mall
Shoppers World
Square One Shopping Centre
Stone Road Mall
White Oaks Mall

NORTH
Centerpoint Mall
Fairview Mall
Georgian Mall
Hillcrest Mall
Markville Shopping Centre
The Promenade Shopping Centre
Upper Canada Mall
Vaughan Mills

EAST
Oshawa Centre

EXCLUSIVE DEALERS

TORONTO

BUSINESS PLUS WIRELESS INC.
437 Parliament, Toronto
509 Church Street, Toronto

CHANNEL WIRELESS
4675 Steeles Avenue East, Scarborough

DIGICELL.CA
222 Spadina Avenue, Unit 3A, Toronto

PEPPER WIRELESS
4438 Sheppard Avenue East, Unit 127, Scarborough

Q-TELECOM
958 College Street, Toronto

SMART CELL SOLUTIONS
2456 Lakeshore Boulevard West, Toronto

STAR LITE WIRELESS
672 Gerrard Street East, Toronto

STUDENT PHONES
20 Duncan Street, Suite 201, Toronto
University of Toronto Computer Shop
York University Federation of Students

TOTAL COMMUNICATION CENTRE
1648 Jane Street, Toronto
1659 Weston Road, Toronto

UNI-CELL TELECOM INC.
2300 Yonge Street, Unit S22, Toronto
652 Bloor Street West, Toronto
5150 Yonge Street, Unit G3, North York

UNIPAGE
Splendid China Tower, Unit 74 and 105, Toronto
Chinatown Centre, Toronto

WIRELESS DNA
363 Yonge Street, Toronto
220 Yonge Street, Level 1, Toronto Eaton Centre
1448 Queen Street West, Toronto
6064 Yonge Street, Toronto
1911 Finch Avenue West, Unit K11, Toronto
East York Town Centre, Toronto

WEST

GENERATION WIRELESS
Dixie Outlet Mall, Mississauga

Q-TELECOM
888 Dundas Street East, Unit B2-3, Mississauga

NORTH

CHANNEL WIRELESS
3255 Highway 7 East, Unit 126, Markham

DIGICELL.CA
First Markham Place, Unit 167
Pacific Mall, Unit E28, C3
77 James Street North, Hamilton

UNI-CELL TELECOM
Denison Centre, Markham

UNIPAGE
Pacific Place Mall, Markham
First Markham Place, Unit 136, Markham
Promenade Shopping Centre, Thornhill

EAST

UNIPAGE
Oriental Centre Mall, Scarborough

FUTURE SHOP
BEST BUY
WIRELESSWAVE
booth the telephone booth
Zellers
WAL*MART

IF YOU SHARE OUR CONCERN FOR THE ENVIRONMENT, PLEASE USE ONLINE BILLING. VISIT FIDO.CA/BILLING.

1. Local airtime over the allotted monthly minutes in the monthly plan, long-distance and roaming charges and any additional options selected and applicable taxes are extra and are also billed monthly. **2.** Early cancellation fees apply. Offers and pricing subject to change without prior notice. ™ Fido & design and FidoDollars are trademarks of Fido Solutions Inc. ©2008 Fido Solutions Inc.

"The classes at George Brown were comfortable and productive from the very beginning. Because there were so many others in the class with work experience, my re-entry to life as a student was easy and the learning experience was heightened."

Classes that draw you in the right direction

A Continuing Education Success Story – MaryLynne Meschino developed a love of layout and colour during her 20-year career in publishing. They were a factor again when she decided to change careers: she took distance education classes in decorating and started her own company. But, when a friend raved about the Interior Decorating Certificate at George Brown College, MaryLynne recognized that the instructors could expand her skill set and provide insider industry knowledge. Two years after starting classes, MaryLynne is nearly finished the certificate – and now she is the one recommending it to others.

The Fashion & Jewellery, Interior Decorating and Visual Arts certificates and courses offered in Continuing Education at George Brown allow you to nurture your creativity while learning practical, hands-on skills. We offer evening, weekend and some daytime classes in the following areas:

FASHION & JEWELLERY
Fashion
Fashion General Interest
Fashion Merchandising
Millinery
Pattern Drafting
Sewing
Image Consulting
Jewellery

INTERIOR DECORATING
Interior Decorating
Interior Decorating General Interest

VISUAL ARTS
Cartooning
Fine Arts

For further details about the courses offered, go to coned.georgebrown.ca/fashion, coned.georgebrown.ca/decorating or coned.georgebrown.ca/visualarts.

Find out how you can achieve your own success with your free George Brown College Continuing Education Course Guide.

Pick up your copy at Gateway Newstands in TTC stations.

GEORGE BROWN COLLEGE

Register now for winter classes at
coned.georgebrown.ca